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# NORTHWEST MISSOURIAN

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## Gambling brings Vegas to Northwest

by Jill Erickson  
Staff Writer

The gambling bug has bitten Northwest. Tonight at 8 p.m. in the Student Union Ballroom, Chemical Abuse Resources and Education will hold its third annual Casino Night with the help of campus radio station X-106.

CARE sponsors the Casino Night as an alternative night out away from the parties and to show people fun is possible without the drinking and drugs, Vice President Jennifer Gallop said.

"We wanted to take something like gambling that's usually associated with alcohol and make it into a non-alcoholic event," Secretary Terry Petersen said. "We thought this would draw attention to the CARE program."

Petersen has organized the Casino Night for the past two years. Last year was the first time CARE invited Maryville businesses to participate.

Several businesses have donated items as door prizes. The Bear-

cat Bookstore, for example, has donated T-shirts and sweats for top winners. Other donations were received from The Bookstop, Field's Clothing, Earl May, Kissinger's Flowers, Long John Silvers, Maryville Shoes, Movie Magic, Pamida, Rita's Salon, Sonic, Taco John's and Watkins True Value. There will be a grand prize drawing of \$100.

The Casino Night also recognizes winners of CARE's poster, song and video contests. This year's first, second and third place poster contest winners were Daryl Anderson, Lorinda Rice and Theresa Decker. The song contest winners were Rick Henkel, Darren Parker, and David Steele.

The winners of the video contest will be announced tonight after the winning videos are shown.

X-106 will provide tunes to dance to as they emcee the night's activities. They will also kick off their Jock-a-thon, station manager Jeff Greunke said.

Greunke and two other station disc jockeys, Andrea Warren and Kevin French, will remain on the air for 52 hours asking people to donate canned goods for the Maryville Food Pantry. Each person that

*"We wanted to take something like gambling that's usually associated with alcohol and make it into a non-alcoholic event. We thought this would draw attention to the CARE program."*

-Terry Petersen  
CARE secretary

brings in two canned goods will be registered for a drawing for round trip airfare to Chicago.

CARE recruited campus-wide volunteers, including Student Ambassadors, Campus Activity Programmers, Alliance of Black Collegians, Alpha Kappa Lambda Fraternity, Alpha Gamma Rho, KDLX, Public Relations Student Society of America, and International Students Organization, to work the gambling tables.



SHORT ORDER CHEFS- Northwest Administrators cook up hot dogs for the "I Love Northwest" picnic held Wednesday afternoon around the Bell Tower. The picnic was part of "I Love Northwest" week festivities which will conclude with the Tower Dance Saturday night. (Photo by Don Carrick)

## Campus celebrates I Love Northwest Week

Speakers, picnic, dance become main attractions in week-long festivities

by Charmla Thoren  
Staff Writer  
by Jason Bruhn  
Staff Writer

I Love Northwest Week, a Student Senate planned six-day celebration to promote pride in students about the University, kicked off Monday with the unveiling of a new student crest at the Bell Tower.

"The whole ceremony went really well, and I think the whole problem was the rain," said Tom Vansaghi, Student Senate president. "It was threatening to rain during the whole thing and even

started to when Dr. Foster was speaking, and we had to announce Tower king and queen in the rain. Then we shut down," he said.

Despite the moist conditions, Vansaghi felt the kickoff to the week's festivities was a success.

"I'd say it was a pretty good success considering the conditions. It was a good way to start it out, although I think it would have been nicer to have a bit larger crowd," he said.

University president Dean Hubbard was present at the unveiling ceremony and said he is pleased with the students' efforts to organize Northwest Week.

"I'm really grateful for the leadership of the Student Senate this year for organizing this," Hubbard said. "It's a source of great encouragement to have the students say I love Northwest."

Student Senator Adam Seaman said that despite the labeling of

See Love p.3

## 'Advertising inescapable'

Kilbourne speaks on media's image of men and women

by Michelle Larison  
University Editor

"The effects of advertising are inescapable -- as inescapable, let's say, as the effects of pollution in the air -- we have to breathe. In America, advertising could be considered part of the air."

With these words, Dr. Jean Kilbourne began her slide lecture "The Naked Truth: Advertising's Image of Women" to Mary Linn's full house of students, faculty and community members Tuesday night, April 9.

Sponsored by the Culture of Quality project and the Women's Intercollegiate Network, Kilbourne appeared on campus as part of the observance of Women's History Month.

In her second appearance at Northwest, Kilbourne focused on the image of women, men and children in the media with knowledge, humor and compassion.

Kilbourne quoted Margaret Mead as saying "Today our children are not brought up by parents, they are brought up by mass media." Kilbourne went on to stress that advertising is the foundation of this mass media.

It is estimated that children in America are spending one-third of their waking hours watching television which means they are seeing 500 commercials a week and as Kilbourne said, "they are obviously learning about a great deal more than product."

Kilbourne asked the audience to do something no one had probably ever asked them to do

before -- take advertising, America's \$130 billion industry, seriously. What seems commonplace and silly in ads, she said, has become part of our cultural conditioning and attempts to tell us who we are or who we are supposed to be.

"Think about the world that is reflected in television commercials, for example. It's a mythological world," Kilbourne said. "It's a world in which men outnumber women two to one, almost all the women are young and beautiful."

"In addition, it's a world in which absolutely everyone is heterosexual and furthermore, for the most part, still living in a nuclear family where the man goes out to work while the woman stays at home with the children. Today, this accurately describes 12 percent of American households -- so much for the real world."

Using over 100 slides, Kilbourne enlightened the audience with observations of traditional stereotypes such as male and female sex objects, housewives and unfeeling men, plus newer stereotypes such as the superwoman and the seductive little girl.

Kilbourne made a handout available to the audience after the lecture that dealt with topics covered in her lecture: ideal beauty, eating disorders and the obsession with weight, caricaturing of femininity and masculinity, discrimination against women, sexual abuse of children, pornography, additions and violence against women. Due to the size of the audience, there were not enough copies to go around and additional handouts are available in the Public Relations office in the Administration Building.

## Piscopo wows Lamkin

by Kristi Madison  
Staff Writer

Joe Piscopo performed his high-powered "Rock 'n Roll Comedy Show" for a crowd of approximately 1,500 Thursday evening in Lamkin Gym.

Energy filled this bulky, comedian as he ran out on stage to the audience, slapping the hands of spectators in the first few rows. The output of the crowd grew immensely. Piscopo started the show with some of his previous Saturday Night Live material, then, lightly speaking, started to "rock 'n roll."

The show consisted of various acts, from Frank Sinatra to King Kong. Piscopo kept the audience

at attention and laughing. Included in his show were impersonations of David Lee Roth and Rappin' Fats Piscopo. He also performed a hellacious beat on a set of drums.

"Sweat on me, Joe!" screamed a young lady in the standing crowd as he wiped his brow and arms then threw her his towel near mid-way through the show.

Impersonating King Kong, Piscopo threw out a wooden model plane that was soon torn to shreds by the anxious crowd anticipating more.

A more serious moment in the program came when Piscopo imitated Bruce Springsteen singing "Never Surrender." He said the

See Piscopo p. 3

## Greeks unite in week-long celebration; songs kick off event

Chariot, tricycle races featured

by Tonya Reser  
Staff Writer

Greek Week will be held Monday, April 15, through Friday, April 19. During the week, the Greeks will sponsor many speakers and activities to unite the Greeks on campus.

The planning committee, which consists of about 80 Greeks, has been divided into sub-committees including publicity, awards, chariot and tricycle racing, banners, Greek sing, Greek games, picnic, t-shirt, philanthropy, speakers and softball.

Denise Ottinger, dean of students, and Kent Porterfield, union manager, are the faculty advisers for Greek Week.

"This has been a complete team effort. We really need to thank Denise and Kent for their help and input," said Brian Shaw, co-chair for the planning committee.

The speakers committee has planned two speakers for the week. They will both be speaking on Greek unity and Greek systems on college campuses.

"We are trying to plan competitive and non-competitive games. It is like all year round the different chapters compete against each other over and over. We want them to unite and join together," Shaw said.

They have divided the different chapters into four teams instead of twelve competing teams. They put one sorority with two fraternities.

The teams will be Alpha Sigma Alpha, Alpha Gamma Rho and Tau Kappa Epsilon; Phi Mu, Alpha Kappa Lambda and Delta Chi; Delta Zeta, Sigma Phi Epsilon and Delta Sigma Phi; and Sigma Sigma Sigma, Phi Sigma Kappa and Sigma Tau Gamma.

The theme for the week is "For all Greeks do, this week is for you."

"Things are changing for the betterment of Greek Week. We want to give it a better image. This is going to be positive week," Shaw said.

### Greek Week

#### Schedule of Events

- \* Monday-Opening ceremony and Greek sing 2 p.m.
- \* Tuesday-Chariot/tricycle race and banner judging 3 p.m.
- \* Wednesday-Softball/Volleyball and picnic 2 p.m.
- \* Thursday-Car wash 10 a.m. - 3 p.m.; Non-competitive games, Awards Ceremony 7:30 p.m.
- \* Friday-Competitive games

## OUR VIEW

## Who loves Northwest?

Who loves Northwest? You might have trouble noticing with the way I Love Northwest Week is going.

The Student Senate's sponsored I Love Northwest Week never really got off the ground due to a lack of enthusiasm among students.

The main attraction for the week, the Variety Show, was cancelled. There were not enough groups entering skits for the show to go on. It left the unveiling of the crest, the picnic and Saturday's Tower Dance as the only major attractions.

The week might have been better served with some community involvement. They have as much to be thankful for as many of us have. This is truly their campus.

The campus can't live without the community and the community would not live without the campus. The two go hand-in-hand, so it was rather hard to realize the logic in leaving the community out of the celebration plans for the week.

The community could have set off a section of downtown for the dance and had discounts for students at their shops during the week. It would have been good for business and even better for I Love Northwest Week.

Northwest's alumni might have helped the week, but, except for a few alumni serving as guest speakers, they were left out for the most part. Activities to recognize prominent Northwest alumni would have helped the week.

Timing for the week was also less than desirable. The fraternities and sororities, the most involved people on campus, had their hands full with Greek Week just around the corner.

If we really love Northwest, we would have gotten involved in this thing. Many students fail to realize what they really have at Northwest until they are gone.

A special day off from classes might have helped during the week as well. The University used to have Joe Toker Daze for that purpose, but the practice has not been seen in many years. It was similar to Walkout Day during Homecoming festivities.

Maybe in the future I Love Northwest Week can be a success, but it will have to get involvement from everyone - the students, community and the alumni.



Aristotle, Plato, Stroller?

## Hero probes deep questions



STROLLER

With the wonderful weather and the end of the semester approaching, your Stroller has become very inquisitive about things this week. As I tried to figure out how to incorporate these curiosities into my weekly correspondence to my readers, I decided to make this a no-holds-barred question list about any number of things; a sort of column of questions, if you will. And if you won't, at least think about them anyway.

Why would someone actually attend a Tammy Faye Bakker concert?

Who came up with the idea of peanut butter and jelly sandwiches and was it by sheer coincidence only that it didn't turn out to be peanut butter and ham salad?

Why do people bless you when you sneeze? Wouldn't you think this would become a ritual at church on Sundays if it worked?

Why won't a watched pot boil? Is it shy?

What is something constructive we can do with all the leftover sandblasting dust on campus?

Whose idea were finals anyway?

How do they put lead into pencils?

Why does President Hubbard make so much money?

What does ARA REALLY stand for?

Why did they pick the numbers 911 instead of, for instance, 2377?

Instead of Financial Aid, why

don't they call it Financial Aid?

Why do freshmen always have the nicest cars on campus?

Why don't we convert Colden Pond to a public swimming pool?

Will Stroller ever quit asking questions? Why are you still reading this then? Sorry. What got into me? (oops.)

They say it's good to be curious. What do you think? (It slipped, I'll end the questions, I swear!)

Anyway, something else that struck me as funny this week was the fact that nearly everywhere you go on campus you are in danger of either getting wet or being dusted with old building particles.

It makes you feel really sophisticated when you're by the Ad Building, just about to make

your move on your sweetheart, when all of the sudden you double over coughing and choking from sandblasting dust.

Then, you proceed over to Wells Hall still wearing age-old concrete particles that mix with spurts of water streaming from the roof (they are cleaning the roof(?) don't you know). As the two elements mix, you find it's hard to walk as you become a human statue. That's okay though, we'll just set you beside your fellow statue, Abe Lincoln, in the Ad Building.

PLUS, now you have to be on super-alert when going to class because it's almost time for the most dangerous sport at Northwest... MOWING! So, keep your eyes peeled, and most of all, let's be careful out there.

## Academic chalk dust vs. athletic chalk dust

Points  
To Ponderby Laura Pierson  
Editor in chief

Where have all the heroes gone? Some would say they are standing on baseball diamonds and basketball courts. Some would say they are strutting behind guitars and Peavy amplifiers. Others even say it's the drug dealers driving the Mercedes Benz.

Many heroes emerged from the Middle East sanddunes in the Persian Gulf War. These brave soldiers deserve the looks of pride they are receiving from the fixed gaze of the world.

But there is another group of heroes who are often overlooked and taken for granted. Rather than standing on ball diamonds and courts, they stand on floors that are waxed three times a year. There are no guitars or Peavy amplifiers for them to strut behind, only podiums that rock because one leg is shorter than the other.

The only time a crowd gives them the wave is when they announce class will not meet the next time. And if they get chalk dust on the seat of their pants, they will not be cheered at like a baseball player, but laughed at like they are fools.

They deserve much better. They are the professors, instructors and teachers of this University and other learning institutions across the nation.

Is it just me or does it bother anybody else that a baseball player like Roger Clemens of the Boston Red Sox is earning \$5.38 million per year while beginning teachers are lucky to get \$18,000? Who do you suppose really loves

Teachers are often underappreciated, underpaid and overworked

their work more? Who do you feel has the more important job? Who do you think deserves more money? My answers are those in the teaching profession, hands down.

These teaching professionals are entrusted with America's greatest natural resource -- our youth. They are the ones training our leaders of tomorrow. They are the mentors of the child or young adult who will find the cure for AIDS, win a Nobel prize, build a better car or find an alternative gasoline product.

These professionals often give up more lucrative, financially rewarding careers to try to make a difference in our lives. So many times teachers do not get the respect and admiration they deserve. Granted, there are teachers who do not deserve or earn any kind of respect, but most do.

Many of my teachers have made a lasting impression on my life. To those of you who have taught me the things I need to know, who have set a shining example, who have listened to my problems and who have not only been my teacher but also my friend, I want to say a big THANK YOU.

Unfortunately, some cannot understand the admiration that these teachers have earned. My reply to this and my salute to the wonderful teachers I have had is Proverbs 16:23, "A wise man's heart guides his mouth, and his lips promote instruction."



LETTERS

## Professor clarifies comments

To the editor,

While I appreciate Traci Runyon's story on the recent trip of several English department members to The College Composition and Communication Conference in Boston, I feel I must write to clarify some oversimplifications.

Self-evaluations are not 'how the faculty decides which students belong in honors or in traditional classes.' I understand how Traci can simplify this from what I said: I conducted some research this year on the use of self-evaluations in placing students into English composition classes. From that research, I learned that self-evaluations (added to writing samples) could play a useful role in determining whether students should be placed in honors or regular composition classes. The difference may be a fine point, but since I've published and presented papers on this area, I think it's a point worth making.

Likewise, the English department is not considering portfolio assessment 'Due to the lack of computers at this time.' I'm not sure how this forced connection got made. It's probably that I simply talked too fast. True, we are exploring ways to better utilize the electronic campus network. True, self-evaluations are often more detailed when written on computer; but we are studying portfolio assessment for its own merit, not because of computers or in spite of them.

I apologize if I talked too fast; Traci interviewed me soon after our return from Boston where those of us who attended heard and discussed a lot of options and ideas about the writing program. I am interested in communicating new ideas about the writing program, but sometimes there are important subtleties that need to be clarified.

Sincerely, Michael Allen  
Director of Composition/Writing

The Northwest Missourian appreciates your letters. If you have an opinion, complaint or concern, we would like to hear from you. Letters submitted for publication should be addressed to the editor and contain less than 250 words.



An Associated Collegiate Press All-American

The Northwest Missourian is a weekly laboratory newspaper produced by students of the University's Department of Mass Communication. The Missourian covers Northwest Missouri State University and the issues that affect the university. The Missourian editorial board is solely responsible for its content.

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## Love: Tower Queen dance to close week

Continued from p. 1

Northwest Week, it is not entirely a Student Senate project.

"Actually it's really not a Student Senate project, although most of people doing the planning were senators. Really it was just a group of students that wanted to incorporate the whole campus, and that's an important thing. I don't want Student Senate to get all the credit. It should be Northwest that gets the credit," he said.

Seaman said the goal for the first annual Northwest Week is to raise awareness of its existence and to involve as many members of the University as possible.

"Being its first year, we just wanted to make sure that everybody had the opportunity to participate and that everybody knew what was going on. We wanted to incorporate everyone on this campus. This is a 100 percent non-exclusive effort, and if we missed anybody we want to

know about it, and next year we'll include them. We're hoping to get everybody," Seaman said.

Seaman said that because 1991

was the first year for Northwest Week, problems were posed for the planners.

"We wanted this to be a big event that everybody could share in, but being its first year, we ran into a little inertia in the lack of time. That's the reason we didn't have the variety show," he said.

The Tower Queen dance will close out the week. The five finalists are Kara Weston, Warrensburg; Jackie Linquist, Essex, Iowa; Jennifer Mees, Maryville; Paula McLain, Maryville; and Lynnette Krambeck, Gretna, Neb.

The student body will vote for the queen today. Election booths will be set up from 10 a.m. to 4 p.m. at the J.W. Jones Student Union Gazebo.



TOWER FINALISTS- Kara Weston, Jackie Linquist, Jennifer Mees, Paula McLain, Lynnette Krambeck.



CROWDING IN- Fans of Joe Piscopo push against the stage to try and touch the famous comedian. Multi-talented entertainer Piscopo performed to over 1,500 people last Thursday night in Lamkin Gym. (Photo by Don Carrick)

## Piscopo: Rappin', laughin' close crowded evening show

Continued from p. 1

song helped him through the difficulty of divorce when he lost custody of his son.

Saving the best for last, he capped off the evening with Rappin' Fats Piscopo.

Still hyped from the show and looking forward to a swim at the Aquatic Center, Piscopo briskly entered the small room full of journalists in Lamkin. Leaning against a table, with his son and fiancée, Kimberly, sitting nearby, Piscopo maintained his humor as he talked frankly about his life.

"I'm just a regular Joe," he quipped, in his New Jersey accent. "I consider myself very, very lucky. If I die tomorrow, I've exceeded anything I'd ever thought I'd do."

Piscopo became interested in acting in high school and continued his studies at Jones College in Jacksonville. He worked at the Improvisation in New York and as a bouncer before being hired as a regular on Saturday Night Live for \$160,000 a year.

"I was the worst bouncer in the world," he admitted. "If anybody gave me any trouble I'd just open the door, you know, 'Right this way sir.'"

Full of compliments and thanks, Piscopo turned to leave. He paused briefly to talk to some students from the Northwest Weight Club, who had presented him with a designer t-shirt and were gathered at the glass doors at the west side of Lamkin, awaiting his departure.



FUNKY CHUNKY-Joe Piscopo entertains the crowd in Lamkin Gym last Thursday night with his "Rappin' Fats" imitation. The Saturday Night Live alumnus performed many characters including David Letterman and David What Hath God Roth. (Photo by Scott Jensen)

## SEX SMARTS

Do you have them?

1. Are you sexually active?
2. Do you know everything about your partner's past that is pertinent to being sexually active with him or her now?
3. Within the last year, have you had sex with more than one person? Within the last three years? The last five years?
4. Did you ever get so drunk/high at a party you couldn't remember everything that happened?
5. Could you name the seven most common STDs and all of their symptoms?
6. Do you always use a condom/insist that your partner does? Even if you or your partner is on the pill?
7. Have you ever been too embarrassed to discuss safe sex with your partner? To ask questions about their past? To purchase condoms?
8. Do you have a medical check up every year? Does your physician routinely check for sexually transmitted diseases, STDs?
9. Do you know anyone who has been treated for an STD?
10. Do you know what "safe sex" means and how to practice it?

by Jill Erickson  
Staff Writer

Forty million Americans have an STD; that is one out of every six Americans.

The American College Health Association defines an STD as an infection that is spread through sexual contact. (Contact may not necessarily mean intercourse.) No one can ever become immune to an STD, and it is possible to have more than one at a time because one STD often creates an environment where others may flourish. A few STD's, like AIDS, are fatal while others may leave its victims unable to ever have children. They all cause severe emotional stress, even depression.

"Chlamydia and venereal warts are the two STD's we see the most," Sally Klaas, an L.P.N. at Student Health Services said. "The two leading causes are stu-

dents who are not using condoms and who have more than one partner."

In fact, according to the director of the Health Services, Mary Strong, the number of STD cases in general has more than doubled in the last year.

"Condoms are effective in the fight against STDs," Strong said. "But we felt we needed to take a more comprehensive approach to the problem." Some steps taken by the Health Services have been,

- \* making information available at the Health Service and in the Student Union

- \* discussing sexual issues in classes like Lifetime Wellness

- \* initiating peer education organizations, like SWAT (Student Wellness Awareness Team)

The problem with condoms, said Wilmes, is that students do not use them faithfully, which means using condoms every

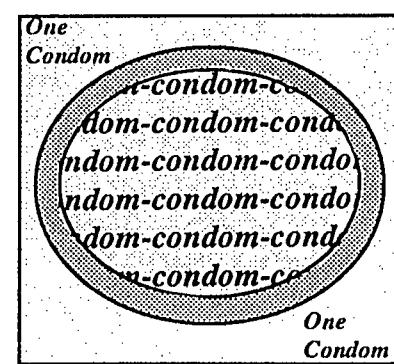
time and using them correctly, even if they are not needed for contraception.

Every Northwest student is required to take Lifetime Wellness, a class that covers important health issues including human sexuality. Since the 1980s, there has been a flood of advertisements, literature and educational programs intended to teach young Americans about sex. Why are so many people still

catching STDs?

"We have come full circle," Wilmes said. When my parents were growing up, there was a conservative attitude toward sex."

"But I grew up in the 70s, which was the big sexual revolution. Now we need to get back to the attitude that abstinence is okay, because so many of these STDs can't just be treated with some medicine, they have lifelong consequences."



The problem with condoms is that students do not use them faithfully, which means using condoms everytime and using them correctly, even if they are not needed for contraception.

- Jerry Wilmes, M.D.  
Health Service Physician

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Positions available for the 1992 book in the areas of  
**Photography**  
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Job descriptions will be posted in the Tower Yearbook office and applications can be picked up Monday, April 15. Applicants will need to attend a 5:30 p.m. meeting Monday, or make arrangements with Stephanie Frey or Allison Edwards at 562-1223.





### Youth Art Exhibit showing in gallery

In support of Youth Art Month, the Nodaway Arts Council and the department of art at Northwest will host a Youth Art Exhibit April 8-26 in the Fine Arts Building.

Over 60 works created by students enrolled in art classes levels K-12 will be hung in the first floor gallery.

This show is the first exhibit of youth art to be held at Northwest.

The show was curated by Jette Wolfe, graduate assistant in the art department.

### Two faculty members granted tenure

Two Northwest faculty members were granted tenure by the Board of Regents at their March meeting.

Dr. June McDonald, associate professor of music, and Ken Nelsen, associate professor of art, were both granted tenure by the regents.

Persons employed by the University in a tenure track position must serve a minimum of six years on probationary status. They are reviewed on the basis of their overall performance and contributions to the University based on standards established by the faculty with administrative oversight.

McDonald received her doctorate from the University of Arizona. She has been a member of the Northwest faculty since 1984.

Nelsen, who has been a faculty member on campus since 1975, received his M.F.A. from the University of Oklahoma.

### 'Misery' comes to campus

Stephen King's bestseller is brought to life on the silver screen when "Misery" is shown on campus this week.

The thriller will be presented by CAPs at 7:30 tonight and repeated on Friday and Saturday, April 12-13. All shows will be in the Dugout, located on the first floor of the Union.

Admission is \$2 per person with tickets available at the door.

### Northwest, other institutions host national conference

Northwest and other institutions will host a national conference in Kansas City, April 11-13 on "Teaching" in the Freshman Year Experience.

The site of the convention will be the Kansas City Holiday Inn Crown Plaza.

The conference is one of a series throughout the year developed by University 101 Program, National Center for the Study of the Freshman Year Experience, Division of Continuing Education, University of South Carolina, in conjunction with the hosting institutions.

Northwest organizers include John Jasinski, instructor of mass communication and chair of the Freshman Year Experience Committee and Freshman Seminar; Dr. Patt VanDyke, director of the Talent Development Center and former FYE chair; and two persons no longer at Northwest, Dale Montague, former director of enrollment management, and Bill Dizney, retired director of student activities.



### United Nations demand end of repression

(Kansas City Star) UNITED NATIONS — The U.N. Security Council overwhelmingly condemned Iraq's repression of the Kurds on Friday and demanded an end to atrocities.

The council approved the measure 10-3, with opposition from Cuba, Yemen and Zimbabwe. China and India abstained.

The resolution "condemns the repression of the Iraqi civilian population in many parts of Iraq, including most recently in Kurdish populated areas, the consequences of which threaten international peace and security in the region."

It demands that Iraq "immediately end this repression," and expresses hope "that an open dialogue will take place to ensure that the human and political rights of all Iraqi citizens are respected."

The resolution also insists that Iraq allow immediate access by international humanitarian agencies to all needy people throughout Iraq.

The council chose to consider the exodus of refugees — and reported border violations by Iraq — a threat to international peace and security, not an internal matter.

### Organization to hold first meeting

The first meeting of Summer Organization will take place at 2 p.m., Friday, April 19, Wells Hall 104.

The agenda for the meeting includes application forms, election of officers, deciding on a meeting place and time and approval of events planned.

### Sign up for halls starts next week

Students can sign up to live in the residence halls Monday, April 15, through Thursday, April 18.

On Monday, students living in the residence halls can sign up for their current rooms. Tuesday and Wednesday, students can sign up for a room in the hall they live in. Students can sign up for a room anywhere on campus on Thursday. Signing up for anywhere on campus will take place from 5-7 p.m. in the Union Ballroom Lounge. To sign up for a room in their hall, students should contact their hall directors.

To sign up for a room, students need to bring their Housing and Food Service agreement with them. The agreement is located in the back of the Residential Life Handbook, available at the Residential Life office.

When signing up for a room the keep the following facts in mind. In South Complex, the third floor of Richardson will be male housing next year.

Any student currently living in the dorms who does not sign up but wishes to live in the halls next year will be placed in a room after the freshmen have been assigned rooms.

Any off-campus student interested in moving into the halls should stop by the Residential Life Office to pick up the handbook and sign up for a room on Thursday.

### Competitions set for biggest troop welcome

(Kansas City Star) WASHINGTON — Cities everywhere are trying to hold the biggest celebration for welcoming troops home.

Kansas City has joined into the competition with its June 1 Heart of America Rally, hoping to draw well-wishers from six states and a crowd of 250,000 to 500,000 persons to Richards-Gebaur Air Force Base.

However, it will be hard to beat competition from Hollywood, the Big Apple and Washington, D.C., who are anticipating crowds of up to 1 million for their celebrations.

Encouraged by President Bush to make July 4 the national day of welcoming home for the troops, communities are rushing to show their appreciation of America's armed forces.

### Iran encourages Iraqi rebels

(Kansas City Star) AMMAN, Jordan — Iran urged dissidents in neighboring Iraq on Friday to continue their revolt "until the end."

Meanwhile, Baghdad offered an amnesty to rebellious Kurds, including army and police deserters, but excluding those who had committed "murder, rape and looting during acts of treason."

In a decree published by the official Iraq News Agency, Iraq's Supreme Revolutionary Command Council, headed by Iraqi President Saddam Hussein, said rebellious Kurds inside Iraq had a week to surrender under the amnesty while those outside could give themselves up within two weeks.

### Oil spill toll heaviest for wildlife

(Kansas City Star) JUBAIL, Saudi Arabia — Volunteers and cleanup crews struggle each day to save birds and animals trapped and poisoned by the world's worst oil spill.

Despite a heavy wildlife toll — up to 25,000 dead birds so far — a combination of circumstances has reduced the effect of the spill. So far, 500,000 barrels, about 21 million gallons of oil, have been recovered.

According to Austin Smith, cleanup supervisor for O'Brien Oil Pollution Service, this amount is more than double the oil spilled by the Exxon Valdez.



### Soviet troops begin pullout from Poland

(USA Today) Soviet army troops on Tuesday began their long-awaited pullout from Poland after nearly 47 years of occupation, with 60 soldiers climbing aboard a 20-car train carrying missile launchers and trucks. The withdrawal began at a formerly top-secret Soviet military base in northwest Poland. About 13,000 Soviet soldiers in 30 units are expected to be withdrawn this year.

### Final destination kept secret as train searches for landfill

(USA Today) A 26-car train of contaminated soil was on the move again, looking for a landfill to accept the 1,700-ton load. CSX Transportation Inc., officials said the train moved from Ohio to Kentucky, but its final destination was secret due to possible protests from environmentalists. Michigan and Ohio landfills refused to accept the soil, contaminated by chemicals in a 1989 derailment in Freeland, Mich.

### CONTACTS



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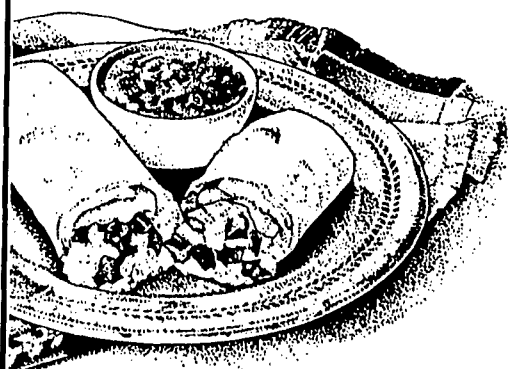
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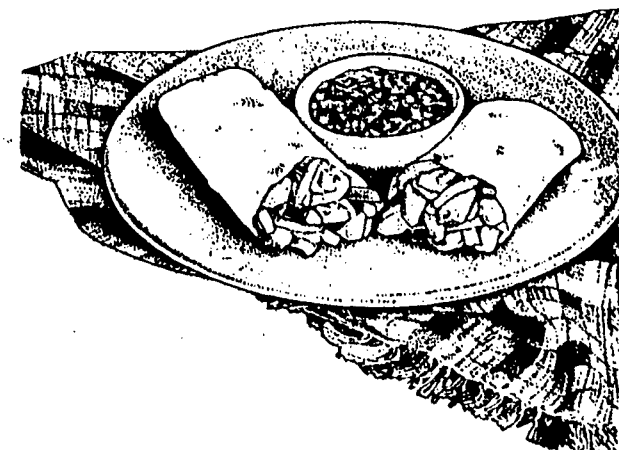


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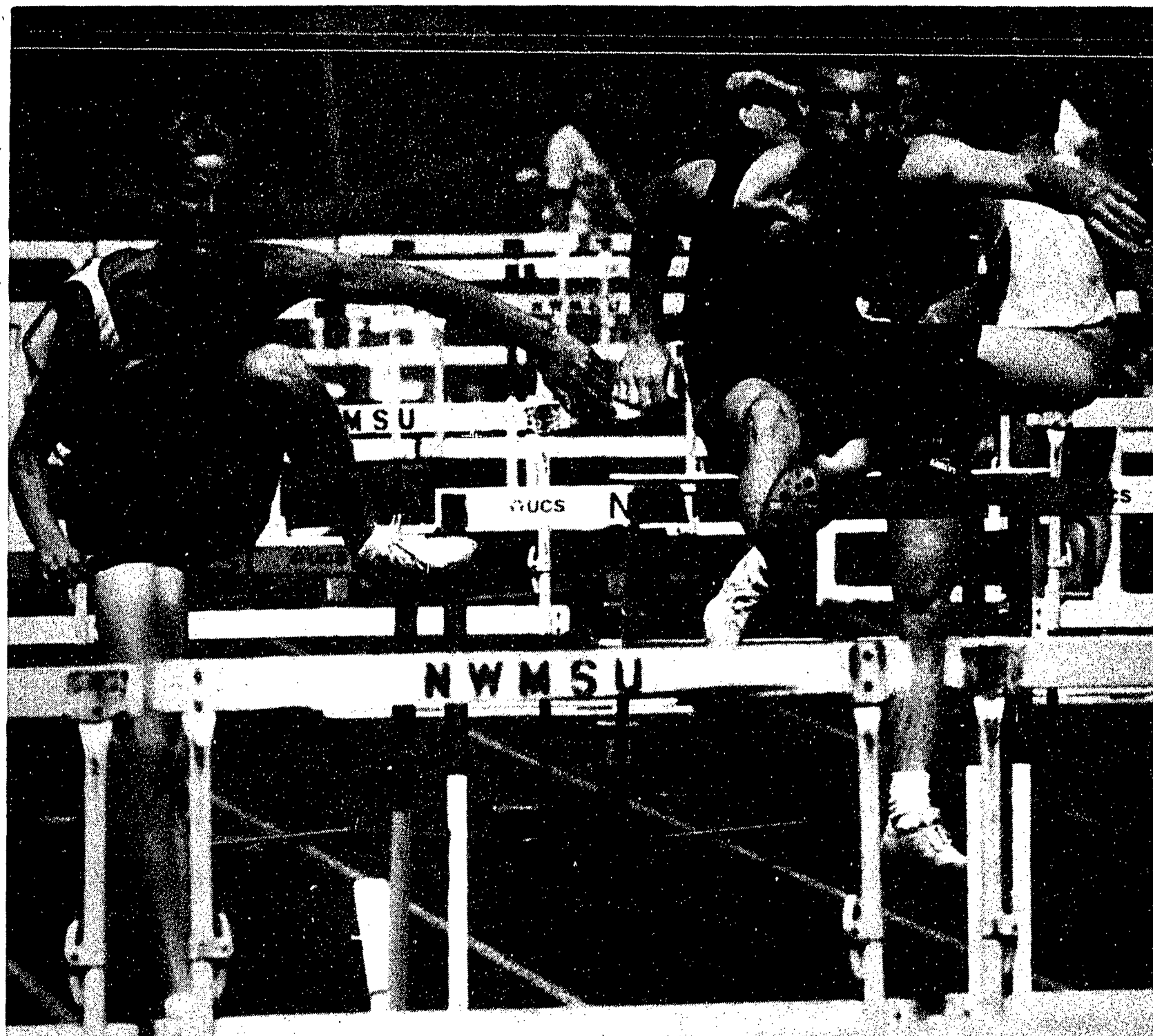
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# 'Cats run away with first place



by Joe Bowersox  
Sports Editor

The Bearcat men's outdoor track team gave 16 other schools a taste of their home-cooking with an impressive first-place finish at the Northwest Missouri State Invitational held at Rickenbrode Stadium. The Bearcats used a balanced attack on the track and in the field events to keep the opponents out of first place.

"It's as good of meet as we've had," Bearcat Coach Richard Alsup said.

"It was kind of a surprise. I didn't think we'd do that well," he said. Northwest received first-place finishes from Kenrick Sealy (10,000m), Robb Kellogg (hammer throw) and Ken Onuaguluchi (discus).

Second-place finishers were: Terry Karn (high jump), Darryl Wagner (1500m) and Tim Gloston (long jump).

Onuaguluchi earned the high-point total for the invitational with a total of 21.

Along with his first-place discus throw, Onuaguluchi also placed third in the javelin and fourth in the shot put.

The Bearkittens finished sixth in Saturday's meet behind triple-jumper Diane Cummings.

Cummings also managed a third-place finish in the long jump, and a sixth-place finish in the high jump.

"She competed really well," Northwest assistant coach Kitty Bacchiocchi said. "She had a great long jump."

Northwest received a strong finish from distance runner Sherry Messner who finished second in the 10,000m.

Northwest's Amy Nance placed third in the triple-jump with Melissa Smith following in fifth place.

Bacchiocchi noticed the team's effort. "Everybody looked like they were giving it their best," she said.

Both teams travel to Des Moines for the Drake Invitational this weekend.

Alsup is optimistic about his team's progress this season. "We're still training hard, and I think they're close to being where they're supposed to be," he said.

## Invite Team — STANDINGS

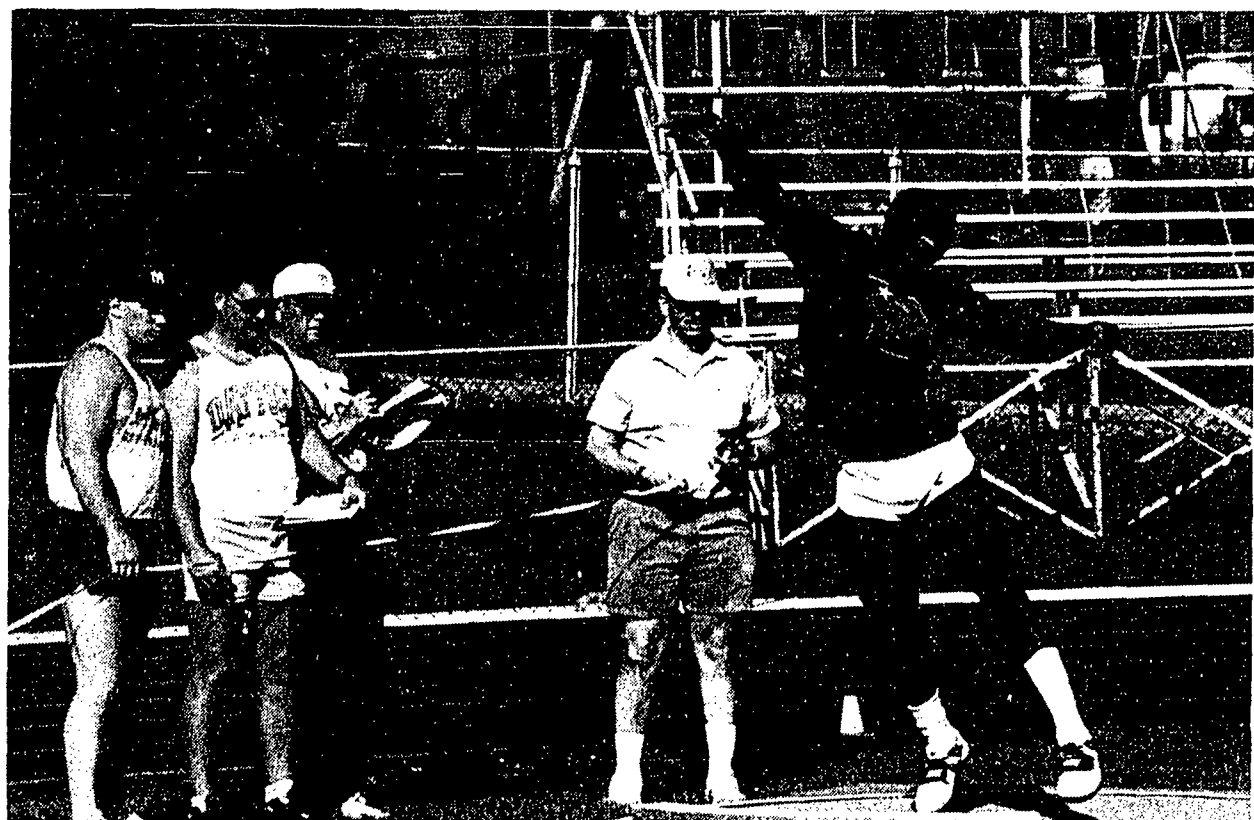
MEN	WOMEN
1. Northwest, 138.5 pts.	1. Doane, 149 pts.
2. CMSU, 107	2. CMSU, 92
3. Kearney St., 97	3. St. Cloud St., 74
4. Doane, 85	4. Midland College, 65.5
5. Nebraska, 78	5. Johnson County, 47
6. Johnson County, 66	6. Northwest, 41

TOP 6 OF 17 TEAMS

IN A SINGLE BOUND- (Above) High hurdler Brian Wardlow attempts to beat his competitors to the finish line in Saturday's Northwest Invitational. The Northwest men's team came in first overall with a score of 138.5. (Photo by Amos Wong)

GOODSHOT- (Lower left) Heaving his shot-put skyward, Ken Onuaguluchi grabbed 4th in the event during the Northwest Invitational held Saturday. Onuaguluchi was awarded high points at the day-long event with a total of 21. (Photo by Amos Wong)

CHANGING HANDS- (Lower right) Northwest relay runner Dave Eagleton hands the baton off to teammate Ralph Hinds during Saturday's Northwest Invitational at Rickenbrode Stadium. Men's track and field team took 3rd in the 1600 meter relay and 4th in the 400 meter relay. (Photo by Scott Jensen)



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# Bearcats take second at Emporia State

by Gene Morris  
Managing Editor

The Bearcat tennis team took second place in the Emporia State Invitational over the weekend.

They finished second to a strong Cowley County Community College squad. Cowley won the meet with a team total of 29 points. Northwest was a close second with 18.5 points.

Bearcat players were involved in five of the six championship matches, but failed to win any of them. Northwest's number one singles player, Lucho Orellana, was beaten in the top flight championship match by Gevaska Williams of Cowley County by scores of 6-1 and 6-4.

The Bearkittens were also victorious over the weekend. They defeated Barton County Community College in an exhibition match Saturday. The Bearkittens shutout their opponents in the match with a 9-0 victory.

Both Northwest tennis teams were victorious against Central Missouri State on Tuesday. The men won their match 7-2 while the women blanked their opponents 9-0.

The two matches the Bearcats lost were both forfeits. They were in the number one singles and number one doubles.

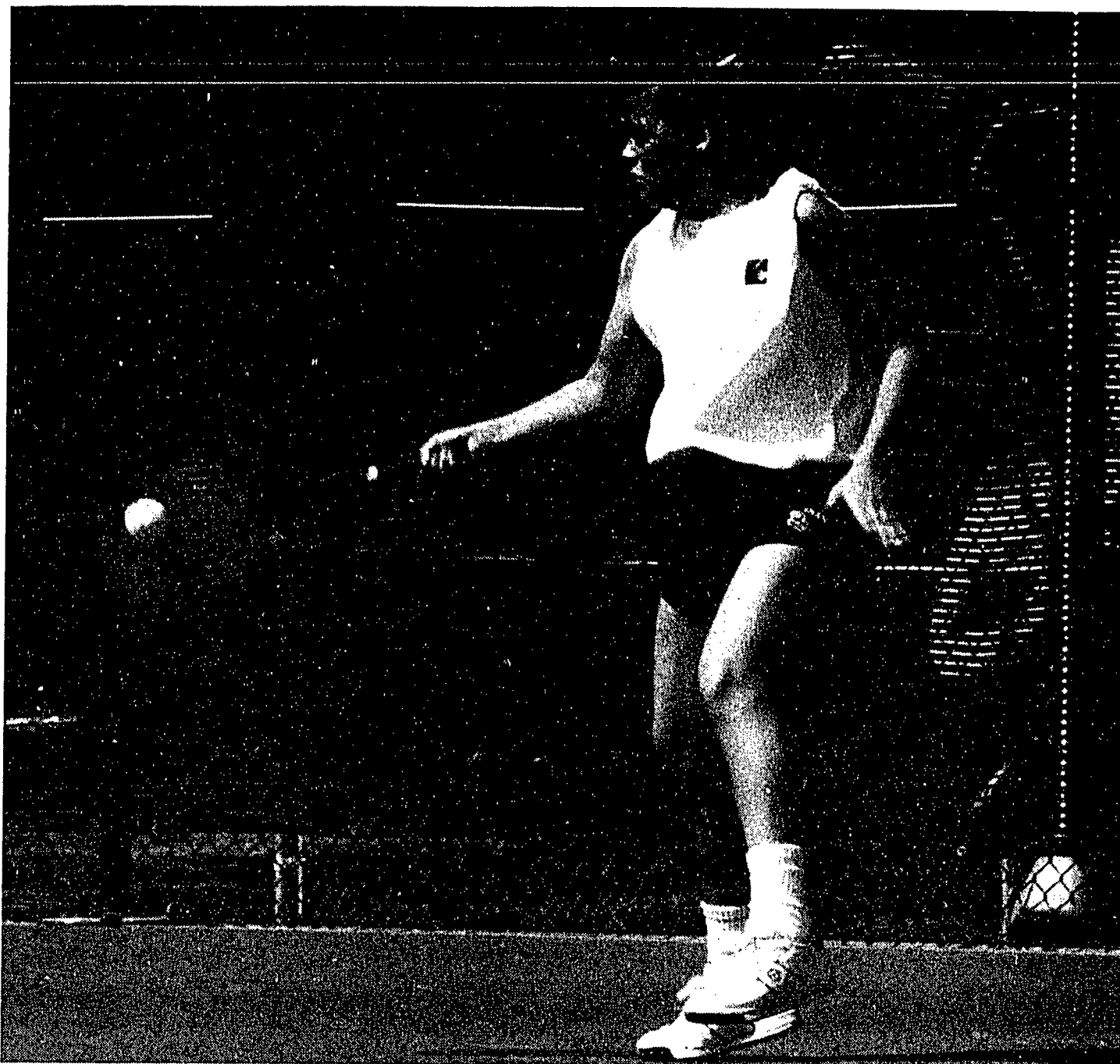
Singles winners were Lalo de Anda, Rob Pekar, Dana Carlson, Adam Carroll and Bill Bobo. Carroll and de Anda defeated Pete Carmack and Steve Schultz at number two doubles while Carlson and Bobo knocked off Dan Ramsey and Eric Kratz.

The Bearkittens defeated Central Missouri State 9-0 in their match on Tuesday.

Singles winners for the Bearkittens were Julie Caputo, Kim Kratina, Kelly Smith, Mitzi Craft, Erin Schlegel and Leah Erickson. Doubles winners were Caputo and Craft in number one doubles, Schlegel and Smith at number two doubles and Erickson and Kratina at third doubles.

Erickson increased her winning streak to 12 matches. She carries a perfect 12-0 mark on the season. She is 8-0 at number six singles, 3-0 at number five singles and 1-0 at number four singles.

The Bearcats improved their overall record to 8-5 while the Bearkittens moved to 9-3.



RETURN MAIL-Bearkitten Erin Schlegel returns a volley during her match against Barton County Community College. The Bearkittens won the exhibition match 9-0. (Photo by Amos Wong)

## Over the pickle barrel



by Joe Bowersox  
Sports Editor

When does baseball's money game come to a halt? When can the average family attend a ballgame and not go broke? How bad does a player have to be to not receive a million dollar contract?

Don't laugh, players can be less than mediocre and still make more in a year than anyone deserves. Just look at Los Angeles Dodger Kevin Gross. He has a losing career record, but his contract is worth \$6.4 million over four years. That's disgusting.

But wait a minute, if Gross had just performed at a .500 level like San Francisco's Bud Black, he could have rolled in \$10 million over four years.

Baseball salaries are getting way out of hand. Boston's Roger Clemens hauls in \$5.38 million a year. Unbelievable. How could you possibly spend that much money? Put a pencil to that figure and you will find that he makes over 5,000 a pitch.

Oakland's outfielder and driver's education instructor Jose Canseco earns, well let's just say he gets paid, \$4.7 million yearly.

Although this is far too much to pay anyone, we cannot blame the players for these salaries. Would you turn down \$5 million a year if you could get it? I didn't think so.

The players that I have problems with are the ones that bicker when they only make \$2.3 million per year. Attention, Barry Bonds.

I have a problem with an injured player like Bo Jackson receiving an \$8 million contract. Maybe Bo's injury is not as serious as the experts thought? Or maybe the injury was just the ticket the Royals needed to unload the overpriced Jackson and still save face with their fans.

We should blame the owners and the contract negotiators because they are the ones that give into these crybabies at the bargaining table.

Maybe the owners should stop giving these players so much money and let them watch from the dugout until they decide that a couple \$100,000 is enough to live on.

What difference does it make if you fall asleep on the couch while Roger Clemens or some joker from the minor leagues is pitching? There's no difference at all.

## Baseball team drops three to Washburn over weekend

by Kenrick Sealy  
Staff Writer

The Bearcat baseball team experienced deja vu during a losing a three game series on Friday and Saturday against Washburn University in Topeka, Kan.

"Our pitching performance was very disappointing. Our pitchers are falling behind on the count," Northwest Coach Jim Johnson said. "We have to keep encouraging our pitching staff."

The Bearcats won game one on Friday 3-0. After a scoreless first six innings, the 'Cats got a run on an error and bunt singles by third baseman J. McArthur and catcher Gary Stickney in the seventh for the victory.

A combination of pitching by pitchers Kent Kelley and

Jeff Stone held the Ichabods to a single hit.

The 'Cats were blown away 12-7 by the merciless Ichabods in the second game on Friday.

Washburn grabbed the lead early in the first inning with 7 runs and never looked back.

Washburn got 4 hits, 3 walks and 3 Northwest errors, to hold off a last minute Bearcat rally.

The Ichabods starting pitcher Brad Foster (5-1) went the entire distance to cap the victory and notch the win.

The final game of the series, Washburn rallied for a 5-4 win. The Bearcats took a 3-0 lead in the second inning lead on Curtis Landherr's single which scored another runner and were further helped by a Washburn error.

However, Washburn made a

counter attack in the third with a single run. Washburn's Ryan Schmidt, Brian McDanel and Dominic Florez added RBI singles in the fourth to take the lead, 5-4.

The Bearcats' starting pitcher Jason Swan was relieved in the ninth by Jeff Stone.

"One of our main problems are the pitchers are pressing too hard to throw the ball over the plate. They are a little tentative," Gary Stickney said. "We just got to go out there and be more relaxed and just cut loose with the ball."

The 'Cats next game is against Northeast Missouri State on Saturday and Sunday at 1:00 at Bearcat Field in Maryville.

"We had a stroke of bad luck, and I am confident that we're going to perform well soon," Stickney said.

## Cannon ropes second; penalties stop others

Team travels 2,000 miles in three weeks

by Joe Bowersox  
Sports Editor

Northwest's Dave Cannon teamed up with Fort Scott's Steve Crow to take second place in the long round of team roping at the Southwest Oklahoma State rodeo.

The second place effort earned them a right to compete during Saturday's short round finals, but Cannon and Crow failed to qualify.

Team sponsor Dave Sherry is pleased with the team's success. "Cannon's a good heeler, he has the desire to win," Sherry said.

Sherry noted that Northwest's Jill Taylor and Renea Beech fell victim to deep sand and a large barrel pattern.

In the steer wrestling competition, Clint Hamaker had the se-

cond fastest time in the long round, but penalty points kept out of the short round.

Other Bearcats entered in the competition were Dustin Sheldon and Nate Allen.

Northwest's Kevin Johnson failed to score in the bareback riding event after his rigging broke during the ride.

So far, Sherry is optimistic about his team's efforts.

"We haven't had a competition where we haven't had someone in the top 10," Sherry said.


Sherry added that the Midwest is very competitive. "This is one of the toughest regions in the United States," he said.

Sherry's team has traveled over 2,000 miles in the first three weeks of competition. A reduced Northwest squad will travel to the Panhandle State University in Oklahoma rodeo this weekend.



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# Health

Fitness information and tips

produced by Northwest Missouri State University's chapter of  
Society of Professional Journalists, Sigma Delta Chi

## The Fitness Craze

*Campus fitness centers  
help students tone up,  
get "fit for life"*

by Lara Sypkens and Heidi Shaw

**W**eeks before Spring Break came about, many of Northwest's students were putting in extra hours, trying to reach the unattainable goal of the "perfect" body.

The question is, was all of this work done solely for this once-a-year, week-long excursion to party-ridden beaches where a swimsuit became one's daily apparel? Or is it all for a more serious reason?

From the common sights of crowded aerobic classes and weight rooms, it appears as if Northwest students are getting fit not only for appearances, but also for life.

It is obvious by the number and diversity of fitness centers that this is not a seasonal event. They provide students with access to equipment and space where they can workout to feel better for themselves, both physically and emotionally.

### FITNESS CENTER

The Fitness Center, located in the basement of Lamkin Gym and directed by Dr. Gary Collins, has been programmed to include a wide variety of equipment that provides students with an intense cardiovascular and strength workout.

Because of the increase in members at the Fitness Center, three more stationary bikes were installed along with a rowing machine.

The Fitness Center's program uses universal weights and a stationary bike. A member goes back and forth from the two in cycles, which are programmed to KKJO 105 FM, a top-forty radio station.

The music format includes a voice, letting the members know when to change stations. After each circuit, time is allowed to take a pulse check.

"During the assessment that is given to each student soon after they set up a membership, we stress for them to take their pulse at the end of each circuit to insure a steady workout," Collins said.

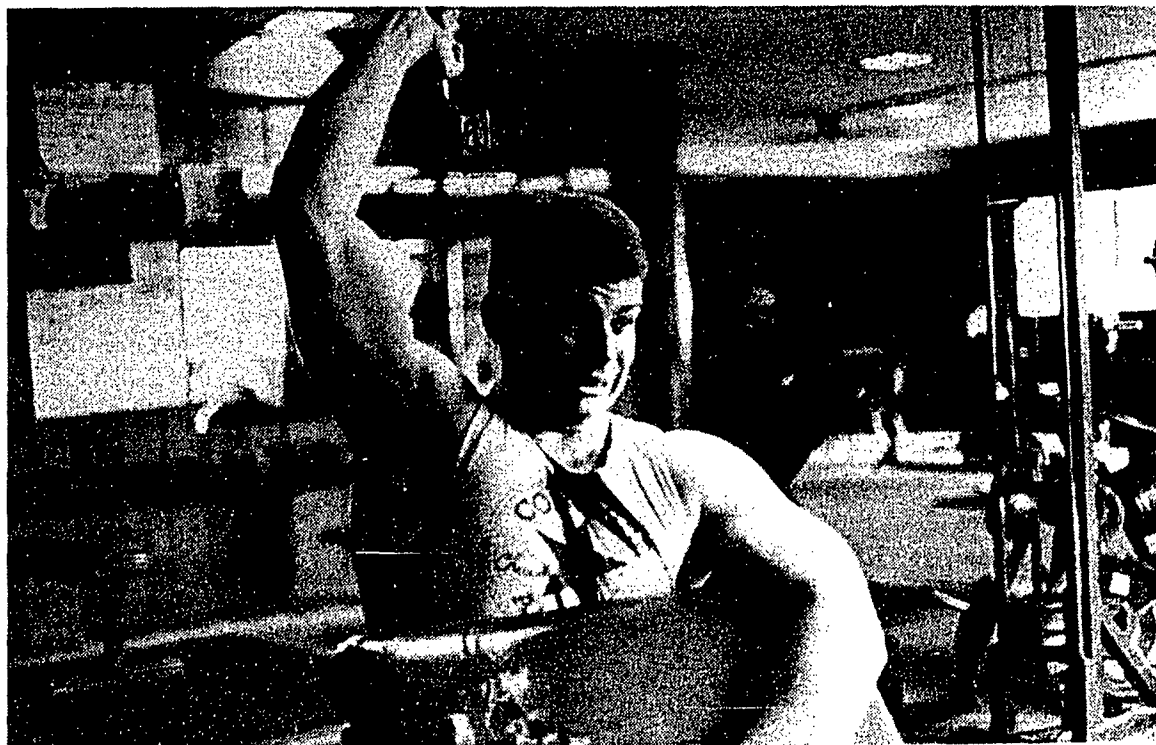
Brad Collins, who works at the Fitness Center, saw a definite increase of members since January.

"It has been real busy around here. Usually at the beginning of the new year, there is a huge crowd, but even now it doesn't seem to be thinning out," Collins said.

Northwest has improved its level of equipment through the years to prompt students to become more involved in health and fitness.

### AEROBIC CLASSES

Along with the Fitness Center, a great deal of the female population, and male, is becoming quite active in aerobic classes.



Northwest Weight Club President Brad Summa spends time in the weight room doing lateral raises to keep himself in top physical condition. The senior from

Stanberry tries to work out at least three times a week to keep himself in top physical condition. Photo/ Scott Albright

Kelly Conklin instructs aerobic classes in the basement of Roberta Hall. Conklin takes pride in the classes she started up in January.

"I feel that teaching aerobics allows me to workout frequently, and I know there are other girls here who also enjoy working out," Conklin said. "They need a place and time that is convenient for them with their busy schedules."

"Body by Kelly" costs members \$10 per semester block, and aerobic classes are scheduled Monday, Wednesday and Thursday from 5 p.m. to 6 p.m.

Conklin aerobizes to music that she feels captures the mood, and she uses a simple format that will be easy for her class to catch on to.

She enjoys changing it often for something different and feels she increases the workout momentum, along with her class' level of fitness.

Other residence hall basements are also being used to fulfill the aerobic and fitness needs of the students; however, it seems that a need still exists for more room to workout in.

According to Conklin, the room she uses for classes is usually so packed that members are constantly bumping into each other during some of the workout routines.

"I have to go to my aerobics class early sometimes just to find a decent space away from the hard floor," Kristie Hobbs, who takes the class, said.

Conklin said she is "extremely frustrated" about the limited space and inadequate equipment.

"The hall has \$12,000 to work with for repairs and adjustments, and we are aerobizing on cement," Conklin said. "No one will do anything about it."

### WEIGHT CLUB

The Northwest Weight Club is also a popular place for males and females to workout. The Weight Club, located in the Cooper Hall basement, provides a full set of free weight equipment and plenty of space to exercise.

According to Weight Club President Brad Summa, one of the benefits of working with free weights includes "providing the balance to produce more strain on the muscles to get a good workout."

He also feels working with free weights is more difficult than using universal equipment, but the benefits are still very evident with intense and routine workouts.

Summa advises complimenting any workout with other activities and a good diet.

continued on page 3



Local salons respond to demand

# Check out that tan

by Marsha Hoffman

As thoughts of sunny afternoons become more of a reality, those who seek to recapture the "summer look" of bronzed skin before everyone else, flock to Maryville's tanning salons.

The safety of tanning salons has been scrutinized in the past. According to Director of Nursing at St. Francis Hospital Cathy New, tanning beds should be used with caution.

Studies have shown there is an increase in the risk of cancer and photosynthesis reactions — rashes and allergic reactions, she said.

"Tanning beds are good for treating psoriasis," New said. "If the eyes are protected and the person is not exposed for more than 30 minutes, as the FDA recommends, it is safer. Overexposure can occur quickly, causing more serious burns."

New also said tanning in March, for example, will not prevent the person from burning the first time they tan outdoors when summer arrives.

In addition, New said some people with less melanin in their skin who do not tan outdoors will

not tan by using a tanning bed.

According to Dave Messner, owner of TanFastic, tanning beds are safer than sunlamps.

The reason is because new lightbulbs use UVA, one of the sun's three types of non-visible ultraviolet light.

Messner, who has operated TanFastic since it opened in December 1989, said he currently has four tanning beds and will add one or two more over the summer.

He said he wished he had added more beds over Spring Break. To meet the great demand, the salon is currently open from 8 a.m. to midnight.

At B.D. Crafts & Tanning, both tanning beds are in use from 9 a.m. to 9 or 10 p.m. Owner Bruce Devers said the business serves 50 to 60 customers per day.

TanFastic charges \$3.50 per session, and a 10-session package runs for \$25.

At B.D. Crafts, it is \$2 per session and 17 sessions for \$29.95.

As summer arrives, students can look forward to tanning outside.

But until the mercury reaches summer-like temperatures, students can catch up on their tans at the nearest tanning salon.

## The Rays of Sun Tanning

### Ultraviolet Light

### Quality of non-visible ultraviolet lights

#### UVA

The longest wavelength responsible for the oxidation of melanin (a substance the body produces to protect itself from the sun) and is the best, most effective light for tanning. UVA is the type used in tanning bed light bulbs.

#### UVB

The medium wavelength of light necessary to trigger the tanning process, but too much can cause sunburn.

#### UVC

Courtesy of TanFastic

The shortest, most harmful light. It is primarily stopped by the earth's ozone layer. According to the Environmental Protection Agency, depletion of the ozone is occurring fast, releasing more UVC through the layer.



photo illustration/Scott Albright

## Metabolism stabilizes weight

by Heidi Shaw

It is a proven and unfortunate fact that children born into obese families feel they will be doomed to follow the pattern. For many, keeping the weight off they lose is a battle too often lost.

George Blackburn, Ph.D., M.D., director of the Center for the Study of Nutrition and Medicine at New England Deaconess Hospital and an associate professor of surgery at Harvard Medical School, found that

the more often women had lost weight, the more efficiently they stored fat.

A suspicion among scientists for a long time, before proven, was that the body will work very hard to maintain a stable weight.

In that case, your diet and exercise habits play a big part in determining how you stabilize your loss and gain. The body will resist weight loss or gain depending on how hard your metabolism works.

Numerous studies have found

that dieting causes a slowdown in metabolism. To adjust to differing diet habits, the metabolism will either slow down in order to ward off starvation or speed up to burn excess fat intake.

If normal caloric intake is constant and exercise is effective, the metabolism will remain at an increased rate. Good news for those trying to take off extra pounds!

In order for weight loss to continue, healthy eating and exercise — continued on page 4

Are alcohol and  
drugs controlling

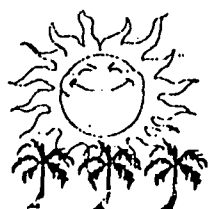
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### Obesity: Four Different Approaches

According to recent estimates, between 40 and 50 percent of adults living in North America are overweight due to excess body fat (obesity). Obesity can produce a variety of physical and emotional problems. For example, the obese tend to have more high blood pressure, heart disease, gout, diabetes, and gallbladder disease than do persons whose weight is in the normal range.

Effective weight control requires a life-long commitment in order to prevent regaining weight that has been lost. Experts generally recognize four different approaches to weight loss.

**Restriction of calories:** Calorie restricted diets reduce daily caloric and fat consumption.

**Exercise:** Brisk "walking" 3 to 4 miles a day can produce as much as one-half pound of weight loss per week.

**Behavior modification:** Behaviors are relearned or modified so that fewer calories are consumed and/or there is more daily activity or exercise.

**Drug therapy:** The main value of certain drugs in weight control is the reduction in appetite. The best approach is to combine drug therapy with exercise, caloric restriction, and behavior modification.



ARA, Health Center offer  
nutritional, wellness suggestions

## Nutrition, exercise emphasized

by Lynn Trapp

Are you interested in choosing a healthier lifestyle and eating a variety of nutritious foods? Would you like to know what exactly goes into the food you eat?

If so, you are among a large number of students at Northwest who take advantage of the suggestions offered to them by ARA and the Student Health Center.

Just three years ago, students who had campus meal plans didn't have much to choose from. There were the usual offerings, and some of them were loaded with unnecessary fats and calories.

All of that began to change, though, and the changes were well received by students.

According to Director of Dining Services Jerry Throener, the student reception was unexpected.

"The students were thrilled, especially the females," Throener said. "The vegetable tray was especially popular."

A campus dining dietician, Peggy Kramer, was brought on board to help accomplish the goals that Throener had in mind.

Kramer monitors the recipes and recommends changes if she questions the nutritional value.

"Our approach is to encourage exercise and healthy habits for life," Kramer said. "We have a lot of students who are interested in good lifestyles, and we have the nutrition information that they ask for."

Pamphlets and posters available in the dining facilities let students know exactly what they are getting from an ARA meal. Each item on the pamphlet was carefully researched by Kramer so that its listing would be accurate.

"We are one of the only institutions in the four state area to be so involved with the students nutritionally," Throener said. "Everything has been working out very well."

Medical Director and physician Gerald Wilmes and Director of Health Services Mary Strong emphasized a lifelong commitment to nutrition and exercise for students.

Strong and Wilmes are available to the students for consultation in the Student Health Center.

"Our program stresses exercise," Wilmes said. "You should pick

something you enjoy, because exercise and wellness is so important."

"I tend to preach moderation," Strong said. "You just can't tell someone that they can never have something again."

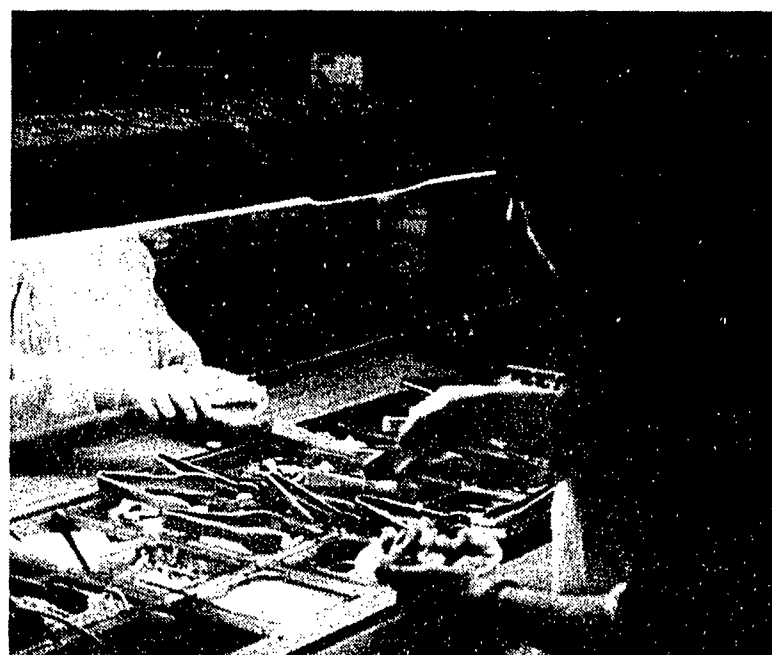
Wilmes added that it is alright to sometimes eat foods that may not be particularly healthy.

"I talk to students about their weaknesses and have them keep a log of what they've eaten. They also write down how they feel when they eat, because people eat when they're not hungry," Wilmes said.

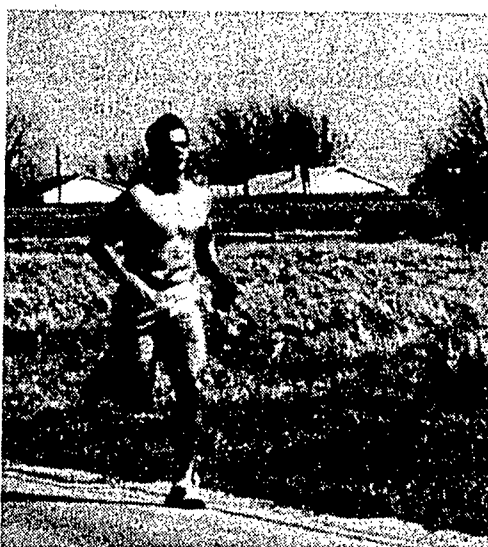
The Health Center approaches many aspects of health besides the nutritional concern.

"We advocate a comprehensive approach to life," Wilmes said. "That includes behavior modification, counseling and watching the diet, especially the fat content. It's a team approach."

Throener, Kramer, Strong and Wilmes work together to help students achieve overall well-being. Their concern for the students' physical fitness is both appreciated and commended.



Christy Meyers checks out the nutritious salad bar in the Tower View Cafeteria. The increased posting of nutritional values is due to the effort of ARA and the Student Health Center. Photo/Scott Albright



Shannon Rooney, player for the Northwest Bearcat football team, gets in a couple of miles of jogging to keep him in shape. Photo/Scott Albright

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## The Fitness Craze

continued from page 1

"It's good to run, build and maintain your cardiovascular system. If you're working out and trying to build muscle, a high-protein and high-carbohydrate diet is healthy," Summa said.

The Weight Club has their own adopted policy against steroids be-

cause of the illegality and dangerousness of the drugs. Summa insists on keeping them out of the weight room.

"If we have a bunch of guys in our weight room who are involved in steroid use, we could strain our relations with the university," Summa said.

If a member is suspected of using steroids, he is called in to speak with the club officers. He is then given an ultimatum to either cease the use or to find another facility to workout in.

Summa takes his workouts seriously and believes that for weight-training to provide results, it is necessary to workout at least three times a week.

"If you workout three times a week, you're providing a good workout. Anything over that is definitely too much. Otherwise you're putting too much stress on your muscles."

Summa has done plenty of reading and research on the topic of weight-training.

He said he and the other officers are happy to provide training programs for those who need help getting started.



MEDICINE CHEST

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## HDL and your heart

Cholesterol is essential to a healthy body. There are basically two kinds, sometimes referred to as "good" and "bad." Many people are aware that too much "bad" cholesterol may be dangerous. What people may not know is that too little "good" cholesterol can also be dangerous. Knowing the difference between good and bad cholesterol is important.

### What is bad cholesterol?

LDL (low-density lipoprotein) cholesterol is often referred to as "bad" cholesterol. Your body normally uses a certain amount of LDL and the rest circulates in the bloodstream. An excess of LDL

may deposit cholesterol in the walls of the arteries over time. These deposits may eventually clog arteries leading to the heart, which in turn can lead to heart attack.

### Is it true there's a good cholesterol?

HDL (high-density lipoprotein) cholesterol is considered good for your body because it is thought to carry cholesterol away from the arteries and to the liver for

elimination. HDL is known as a "good" cholesterol because a high level of HDL has been associated with a low incidence of heart attack.



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## How to choose a good diet

Nutrition scientists have combined knowledge of the nutritional needs of people and the nutritive values of foods into easy-to-use guides for daily food selection.

### Fruit-Vegetable Group

4 or more servings.  
Include: A citrus fruit or other fruit or vegetable important for vitamin C. A dark-green or deep-yellow vegetable for vitamin A at least every other day. Other vegetables and fruits including potatoes.

### Milk Group

Some milk for everyone.  
4 or more cups for teenagers.  
2 or more cups for adults.

### Bread-Cereal Group

4 or more servings.  
Whole grain, enriched or restored.

### Meat Group

2 or more servings. Beef, veal, pork, lamb, poultry, fish, eggs.  
As alternates: dry beans, dry peas, nuts.

### Other Foods

As needed to complete meals and to provide additional food energy and other food values.

## TO EAT FEWER CALORIES

### SLOW DOWN EATING.

It takes 20 minutes before food begins to satisfy hunger.

### SAVE DESSERT

for a snack later.

### EAT SMALLER PORTIONS.

Double-sized helpings have double the calories.

### AVOID THE EXTRA CALORIES

in sauces, gravies, whipped cream and breading. Substitute with spices and seasonings instead.

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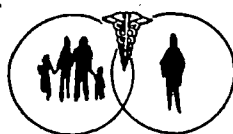
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### Practice Administrator--

Edward Dufrain, ASRC

## Health

This four-page insert in the Northwest Missourian was produced by student members of Northwest Missouri State University's chapter of the Society of Professional Journalists, otherwise known as Sigma Delta Chi. It is a total paste-up publication and typesetting was done on a Macintosh IIX and LaserWriter II.

Heidi Shaw  
President

Lara Sykens  
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Lara Sykens, Lynn Trapp

Photography  
Scott Albright

## Metabolism

continued from page 2  
must be consistent.

Researchers suggest that instead of dieting, people need to exercise and lower their intake of various foods. Studies also indicate that if a dieter lacks exercise, he or she is more than likely consuming high-fat foods.

The key to maintaining weight loss is regular exercise. This causes the body to crave foods that are healthier and that provide a good source of energy.

Obesity does not have to be inherited. If a person learns to understand the body and its nutritional needs, then by following a good diet and executing an exercise regimen, they can overcome the problem.

If your metabolism makes it difficult for you to lose weight, don't try to force the weight loss. Continue with the regular exercise program and gain the health benefits.

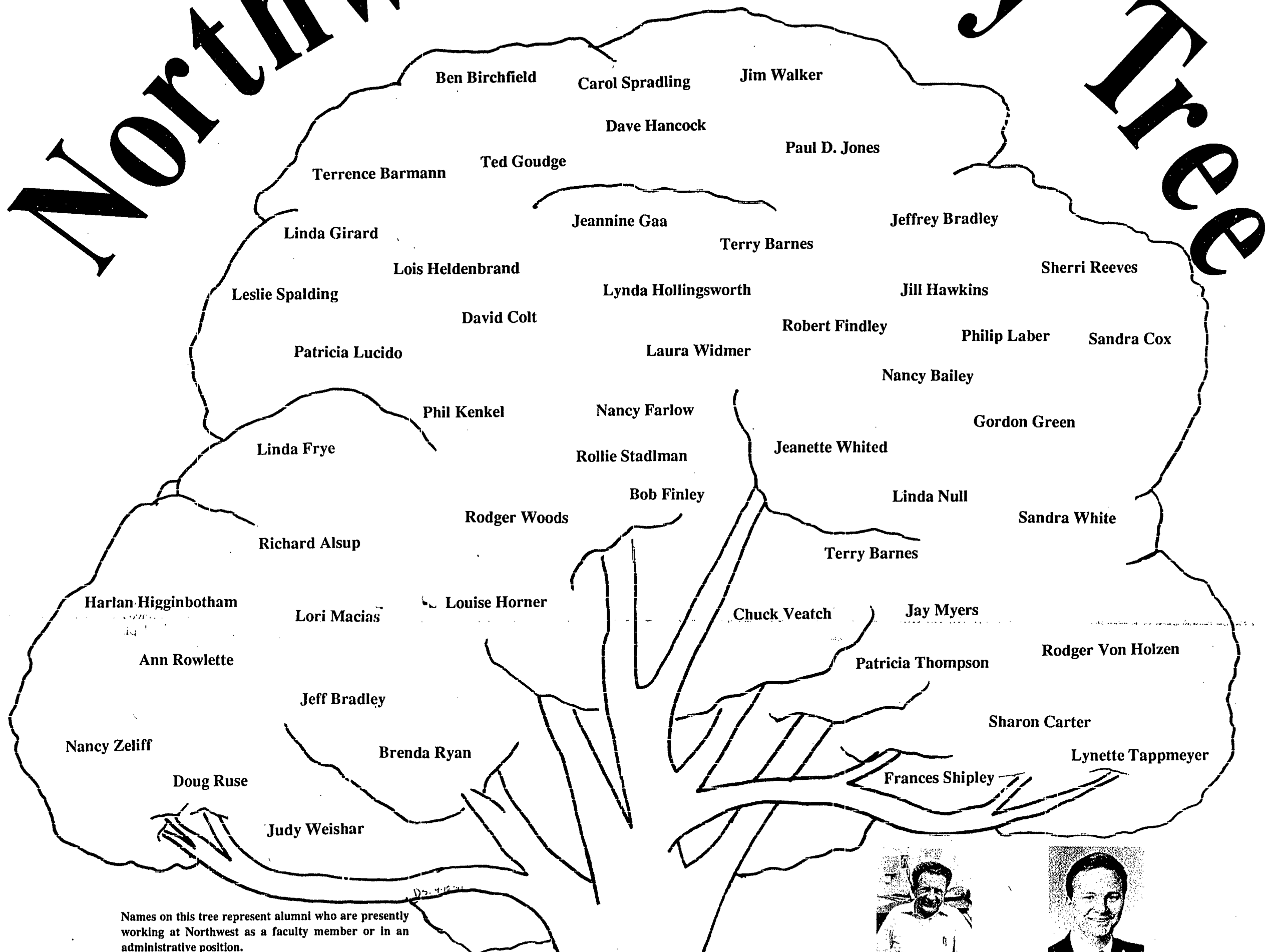
Lower body fat and low cholesterol levels help to decrease the risk of cardiovascular disease and increase strength and stamina.





# NORTHWEST CAMPUS LIFE

## Northwest Family Tree



Names on this tree represent alumni who are presently working at Northwest as a faculty member or in an administrative position.

by Pat Schurkamp  
Features Editor

**A**fter graduation, students begin to move on to their chosen fields in other states or communities. But, for some students the fresh and friendly air at Northwest calls them back to the University they grew so fond of as students.

Dr. Edward Farquhar, professors and chairman of the chemistry and physics department, is just one of many professor who returned to teach after graduating from Northwest.

Farquhar graduated in 1958 with a bachelor's degree in chemistry, physics and mathematics.

"The reason I chose Northwest," Farquhar said, "was because of geographic location. It was different when I was a student and this was an important factor."

Two instructors who helped influence Farquhar during his time as a student at Northwest were Dr. J. Gordon Strong and Dr. Denzil Cooper.

"Dr. Strong was a long-time chemistry professor who gave me the opportunity to work in the chemistry-lab and Dr. Cooper convinced me that I could learn physics," Farquhar said.

The dedication that these two professors brought to their teaching was also inspired Farquhar as a student and as a professor.

After graduation, Farquhar attended Iowa State University where he received a Ph.D in physical chemistry.

"After that, I went to Emporia State for a couple of years, then came to Maryville in August 1964."

Several factors entered into his decision to return to Northwest, Farquhar said.

"I liked the school, I liked the community and I always had a desire to come back and teach here," he said.

Farquhar said he had seen many changes in the campus and students throughout his years as a student and as a professor.

"There has been a tremendous change in the campus. The University is now more into accountability and paper work than they used to be," he said. "But, I haven't seen too much change in students in my 27 years here. My working relationship hasn't changed. And as the years pass by I have noticed that the good students are better than they use to be."

Farquhar has three children. His daughter, Louise, is a 1982 graduate of Northwest. Although his two sons did not graduate from Northwest, they did

attended classes at the University at one time.

Farquhar hopes to be an inspiration to the students who now cross his doorstep at Northwest.

"I hope to be able to encourage the students and to give them an appreciation for chemistry and physics," he said.

Farquhar said his experience at Northwest had been positive.

"I have had a good time and I hope to stay until I retire," he said.

Danny Marsh, 1976 graduate of Northwest, has recently returned to campus as the newest appointed member of the Board of Regents.

Marsh graduated with a bachelor's degree in accounting. He was confirmed for the position on the Board of Regents on March 21, 1991 by the Missouri Senate.

Marsh said he has noticed many changes in the campus since his years here as a student.

"I am really impressed with the new performing arts building and with the library computer aid research," Marsh said.

Marsh said he has also noticed a change in the attitude of students.

"I can sense more of a sincerity on the part of the students to get something while they are attending Northwest," he said.

As a student in the 70s, three things brought Marsh to Northwest -- a good business school, location and cost.

While here, Marsh was inspired by two teachers -- Mary Jane Sunkel, assistant professor of computer science and information system, and Dr. Virgil Albertini, professor of English.

"In my first and second semester I took accounting 101 and 102 with Mary Jane Sunkel. She helped me more than any other person toward my career," he said. "She always told us to check our work twice and that is something I still do to this day."

Marsh said he just wanted to put a plug in for Albertini.

"When I recently attended a board meeting, I saw Dr. Albertini. He came up to me and said, 'remember when...' He remembered me after all those years," Marsh said.

Marsh said he firmly believes the University is behind the students.

"Without a doubt or reservation, the administration is doing everything they can to help the students," he said. "I have been very impressed with the level-headedness and the good work that the regent members have been doing also."

The heart of Northwest is not the Bell Tower or the other buildings that adorn the campus, but the dedication and love that the many graduates of Northwest who have returned to give back what they were given as students.



Dr. Edward Farquhar



Danny Marsh

# They L♥ved Northwest



1. Mabel Cook Admissions and Visitors' Center -- Mabel Cook was chairman of the home economics department. She was a member of the Northwest faculty for 24 years.



14. Valk Industrial Arts -- Donald Valk served 38 years as head of the industrial arts and technology department.



17. Garrett-Strong Science Building -- William Garrett was with Northwest for 38 years, 1927 to 1965. He served as chairman of the biology department, division of physical science and science and mathematics. Dr. J. Gordon Strong served as chairman of science and mathematics. The building was dedicated May 31, 1968.



21. Colbert Hall -- George H. Colbert served Northwest from 1910 to 1926. He was the first dean of faculty and a mathematics professor.



22. Hake Hall and McCracken Hall -- J.W. Hake was a professor of physics. Jack McCracken was an All-American on the Northwest basketball team in the early 30s.



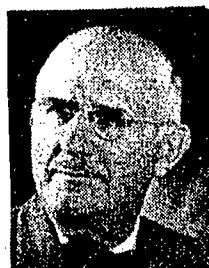
24. Frank Grube Tennis Courts -- Chairman of the language and literature division, life member of Blue Key and tennis coach.



27. Lamkin Gymnasium -- Uel Walter Lamkin was the fifth president of the school beginning in 1921 and ending in 1945. He had no college degree but is said to have had a remarkable education.



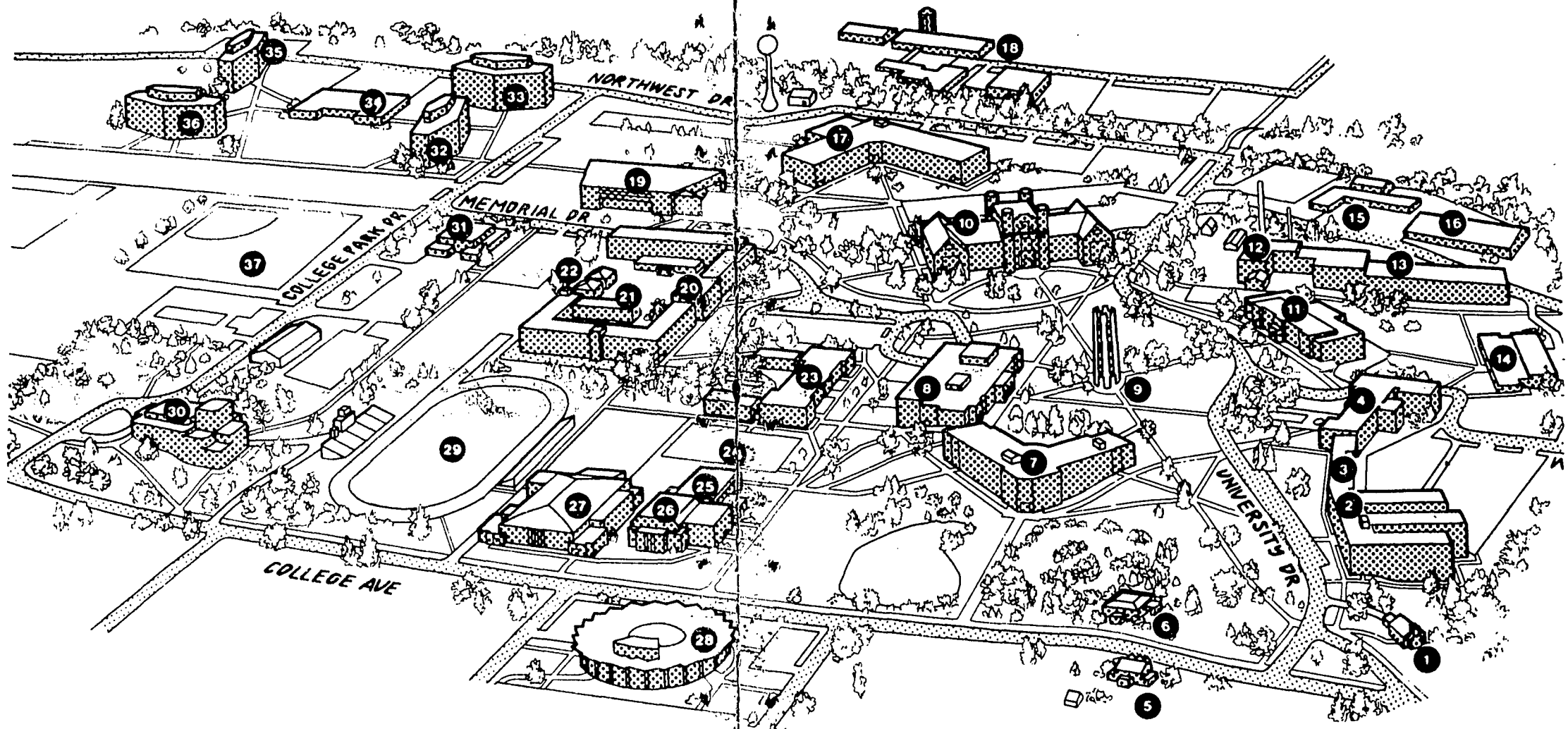
2. Hudson Hall -- Nell Hudson was Northwest's first female Registrar.



33. Dieterich Hall, men's residence hall -- Herbert Dieterich was Professor Emeritus of education from 1928 to 1969. He also served as principal of Horace Mann.



3. Perrin Hall -- Alice Perrin was Northwest's first dean of women for 12 years, beginning in 1911. She also served as assistant dean for four years.



28. Olive DeLuce Fine Arts Building, Charles Johnson Theater -- Professor Emeritus DeLuce began her career at Northwest in 1915 and served as head of fine arts for 40 years. Johnson had been serving as acting chairman until his death in 1963.



36. Phillip's Hall, men's residence hall -- Homer T. Phillips started the Horace Mann Laboratory School and headed the education department.



29. Rickenbrode Football Stadium and Hershel Neil Track -- William Rickenbrode came to Northwest in 1907. He served as Registrar and secretary to the president. At the time of his death in 1965 he was Northwest's oldest employee. Neil, one of Northwest's most famous athletes, won 17 individual MIAA titles and set eight school records. The track was dedicated in his name on April 1, 1978.



11. Wells Hall -- C.E. Wells served as the Northwest librarian for 38 years. He also taught Spanish, American history and diplomatic relations. He retired in 1940.



13. Thompson-Ringold Industrial Arts -- Kenneth Thompson was a faculty member of the industrial arts and technology department for 33 years. Howard Ringold was with the department for 30 years.

4. Roberta Hall -- Roberta Steel died Nov. 29, 1952, from injuries sustained from a gas tank explosion east of the hall on April 28, 1951.

5. Alumni House -- Developed in 1980 through the fundraising efforts of Vinnie Vaccaro, then executive secretary for the Northwest/Southwest Iowa chapter of the incorporation and alumni director for Northwest.

6. Thomas Gaunt House -- Gaunt was a horticulturist. His home was converted into classrooms in 1906.

7. Colden Hall -- Charles J. Colden was the first president of the Board of Regents from 1905 to 1909. He chose the words "And the truth shall make you free" that are inscribed in the entrance of the Administration Building.

8. J.W. Jones Student Union -- Jones was president of Northwest from 1945 to 1964. The percentage of enrollment increased at Northwest during 1954-56 and was higher than that of any other state supported college in Missouri. Northwest was often called the house that Jack built due to Jones' lobbying for funds to help the college expand. He was also dean of faculty from 1938 to 1945.

9. Memorial Bell Tower -- The Bell Tower was constructed under the presidency of Robert P. Foster in 1965. He wanted it to be a memorial to the college's war dead, deceased alumni and former faculty.

10. Administration Building -- The cornerstone for this building was laid on Oct. 12, 1907. By September of 1910 the building was ready for occupancy.



35. Millikan Hall, women's residence hall -- Chloe Millikan came to Northwest in 1928. She started the kindergarten program at the Horace Mann Lab School and supervised the school until her retirement in 1961.

12. Northwest Biomass Research Center.

15. Environmental Services Shop. 16. Environmental Services Building.

18. Agricultural facilities: Agriculture Mechanics Building and Dairy Farm.

19. B.D. Owens Library -- Owens is a 1959 graduate of Northwest. He served as president of the college from 1977 to 1984. He decided to have football games on Saturday afternoons to conserve energy and allow the visiting team to get home earlier.

20. North and South Complexes, men's and women's residence halls.

23. Everett W. Brown Education Hall -- Brown served as director of placement, extension correspondence and alumni services, and director of field services. Today he is a representative in the Missouri House.

25. Robert P. Foster Aquatic Center -- Foster was president of Northwest from 1964 to 1977. He was also dean of administration, introducing IBM machines to alleviate enrollment hassles.

26. Martindale Gymnasium -- Nell Martindale Kuchs chaired and taught in the women's department for seven years.

30. Mary Linn Performing Arts Center -- The performing arts center opened in 1985. The building was constructed with the help of a \$250,000 donation from Joe Linn.

31. National Guard Armory.

34. Conference Center

37. Bearcat Baseball Field

\*The names and numbers below correspond with the numbers on the map. Information about the names of the buildings was taken from the books "Behind the Birches" by Mattie Dykes and "Towers in the Northwest" by Virgil Albertson.

1. Mabel Cook Admissions and Visitors' Center
2. Hudson Hall, women's residence hall
3. Perrin Hall, women's residence hall
4. Roberta Hall, women's residence hall
5. Alumni House
6. Thomas Gaunt House
7. Colden Hall
8. J.W. Jones Union
9. Memorial Bell Tower
10. Administration Building
11. Wells Hall
12. Northwest Biomass Research Center
13. Thompson-Ringold Industrial Arts

14. Valk Industrial Arts
15. Environmental Services Shop
16. Environmental Services Building
17. Garrett-Strong Science Building
18. Agriculture facilities: Agriculture Mechanics Building & Dairy Farm
19. B.D. Owens Library
20. North and South Complexes, men's and women's residence halls
21. Colbert Hall
22. Hake Hall and McCracken Hall
23. Everett W. Brown Education Hall
24. Frank Grube Tennis Courts
25. Robert P. Foster Aquatic Center

26. Martindale Gymnasium
27. Lamkin Gymnasium
28. Olive DeLuce Fine Arts Building, Charles Johnson Theater
29. Rickenbrode Football Stadium and Hershel Neil Track
30. Mary Linn Performing Arts Center
31. National Guard Armory
32. Franken Hall, men's and women's residence hall
33. Dieterich Hall, men's residence hall
34. Taylor Commons, dining facility
35. Millikan Hall, women's residence hall
36. Phillip's Hall, men's residence hall
37. Bearcat Baseball Field



32. Franken Hall, men's and women's residence hall -- Katherine and Margaret Franken came to Northwest within months of each other. Katherine specialized in psychology while Margaret organized the high school division of the training school. Together they organized a Newman Club.



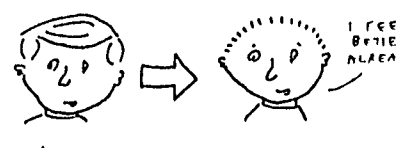
## PLEBES

L.T. Horton

## 30 DAYS TO A SMALLER HEAD

IF YOU'RE TIRED OF THOSE ANGUISHING TAUNTS PEOPLE WHISPER BEHIND YOUR BACK, SUCH AS "WOULD YOU LOOK AT THE SIZE OF THAT GUY'S HEAD," "NOW THAT'S ONE BIG HEAD!" AND OTHER CRUEL REMARKS—AND WHO ISN'T?—DON'T JUST TAKE IT, DO SOMETHING ABOUT IT! AND LET "PLEBES" HELP.

YOUR HAIR CAN OFTEN CREATE THE ILLUSION THAT YOUR HEAD IS 20 TO 30 PERCENT BIGGER—HACK OFF THAT UNNECESSARY HAIR.



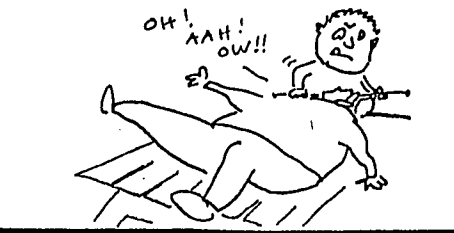
YOU'VE HEARD THAT 90 PERCENT OF THE BRAIN'S POWER GOES UNUSED... SO WHY WASTE SPACE IN YOUR HEAD HOUSING IT? HAVE EXCESS BRAIN AND FLUIDS SURGICALLY DRAINED FROM YOUR HEAD—IT'S A REAL TENSION RELEASER.



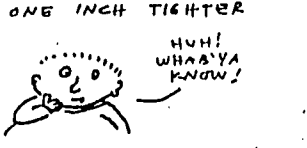
THE SIZE OF YOUR BODY CAN ALSO CONTRIBUTE TO A DISPROPORTIONATELY LARGE HEAD—EAT LIKE A GESTATING HIPPOPOTAMUS UNTIL YOU'VE DOUBLED OR EVEN TRIPLED YOUR BODY MASS.



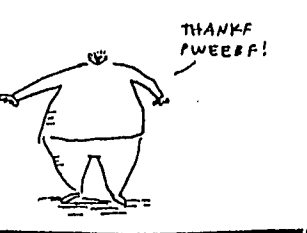
LASTLY, HAVE A FRIEND SMASH YOUR HEAD IN A VISE... IT MAY HURT A LITTLE, BUT KEEP YOUR THOUGHTS FIXED ON THAT FINAL GOAL!



YOUR TEETH MAKE YOUR HEAD SUPERFICIALLY 12 PERCENT BIGGER—REMOVE ALL YOUR TEETH AND YOUR JAW WILL CLOSE UP TO ONE INCH TIGHTER.



LOOK AT YOU! LET THEM TAY AND RIDICULE YOU NOW!



## Roadtripping, hazardous to your health



## From Left Field

by Don Carrick

News Flash: Reports and rumors have finally been confirmed, Don Carrick is getting older. This startling revelation was revealed when he came back from a road trip he did not enjoy. Flags will be flown tomorrow at half mast and a memorial service remembering Don's younger years will be held at noon.

Sunday was truly a sad day in my life. It was the day I realized that my life wasn't the same as it was four years ago, and that a lot of the things I did when I was in high school wasn't as much fun as it seemed to be back then. I used to enjoy road trips—the greasy food, the loud music, the stupid conversations. It was great to just get a bunch of people and, at a moment's notice, take off for parts unknown. Unfortunately during my sophomore year I didn't have the time to go off and do that kind of stuff. I was busy with silly things like work and school.

Now that I am in my junior year I got past all that and decided to go on a road trip. I called four friends Friday morning and we jumped in the "Family Truckster" to go to St. Louis, where one of the guys lived. Sure, it sounded like a good time, it sounded like the per-

fect weekend. Little did we know the trip would turn into something looking like an escape from a Russian gulag.

First, there is virtually no radio stations between Kansas City and St. Louis. Having a tape player that makes Cyndi Lauper sound like Louis Armstrong doesn't help matters either. Being the idiot that I am, I asked if anyone wanted to play the alphabet game, where you go through the alphabet using the first letter in words on billboards and road signs. We all got stuck on Q for about two hours until the car came around a bend and I saw a billboard for Dairy Queen. My friends looked at me with the intent to kill. I called the game a draw and kept my mouth shut until we reached the St. Louis city limit.

When we got in and got a hotel room it was just about night fall. The other guy on the trip and I wanted to go to a fun-plex that had go-carts, mini-golf and batting cages. The women wanted to see Ghost for the 23rd time. Hey, I enjoy a good movie as much as the next person, but I had managed to miss Patrick Swayze swinging his octoplastic butt so far, and why ruin a good thing? My male compatriot and I got the women in the party to agree to the fun-plex. As soon as we hit the highway, it started to rain, cancelling the entire evening and sending us to the local cinema. This little incident

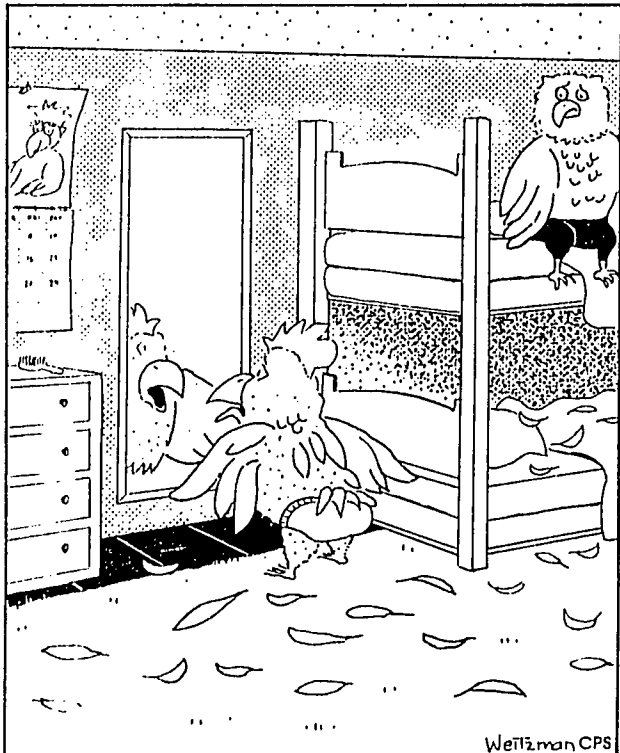
caused me to go against everything I had ever been taught in Catholic school. I now believe that God is either a woman or a big Patrick Swayze fan.

Ghost was a good movie. Whoopi Goldberg truly deserved the Academy Award for her role as a well done medium. (Oh ha ha ha oh jeez. That was a good one. Well done medium. I kill me!) But overall, the film left me with a couple of questions. Swayze wears the same clothes he died in throughout his entire time of being a ghost, so what if you die in the shower? Do you get to put on a robe, or are the other ghosts allowed to snicker and point? Plus, the whole thing happened in New York City. Where was the New York Post? Where was the National Enquirer? Where the heck was Geraldo? You'd think he would have had them on his show in a minute. "Ghosts, and the women who love them. All on the next Geraldo."

Sunday arrived quickly and we packed for home. For all the trouble we'd had, I had enjoyed myself. Of course, we still had a six-hour drive home and who knew what might happen. We might play the alphabet game, I might be the first to find a Q, someone might try to kill me, we might get in a car wreck, we might all end up ghosts and get to meet Patrick Swayze on Geraldo. With the people I hang around with, you just never know.

## ZOO U.

by Mark Weitzman

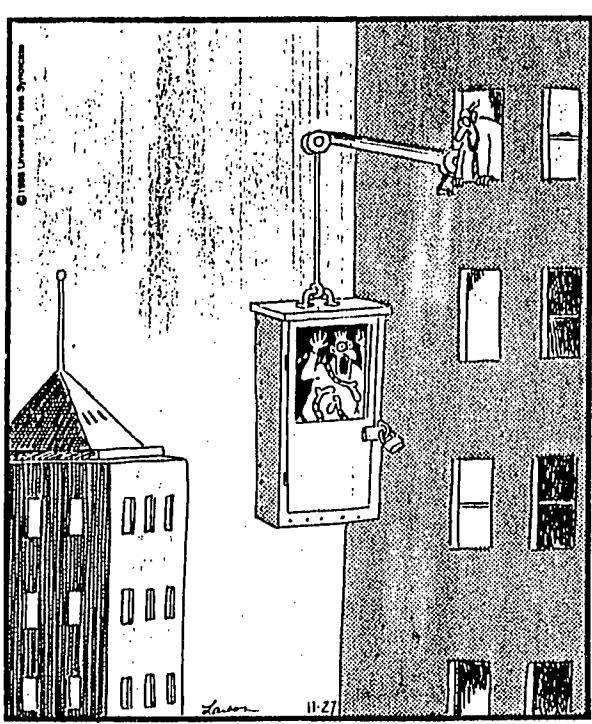


"Yep. I'm definitely losing my tan."

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## THE FAR SIDE

By GARY LARSON



Professor Gallagher and his controversial technique of simultaneously confronting the fear of heights, snakes and the dark.

## Events Calendar

## April 10, 1991

Music Recital  
Charles Johnson 3:00 p.m.  
'Kitten Softball  
Tarkio College  
Bearcat Baseball  
St. Louis University  
Faculty Recognition Dinner  
Conference Center 5:30 p.m.  
I Love Northwest Picnic  
Bell Tower 11:00 a.m.  
Speaker: Bill Disney  
Bell Tower 12:00 p.m.  
RHA Meeting  
Northwest Room 5:15 p.m.  
ISO Executive Board Meeting  
ISO Office 4:30 p.m.  
Political Science Club Meeting  
Colden Hall 241 4:30 p.m.  
Northwest Rangers Meeting  
Colden Hall 168 3:00 p.m.

## April 11, 1991

'Kitten Tennis  
Missouri Western  
Film: Misery  
The Dugout 7:30 p.m.  
Tower Queen Elections  
Union Gazebo 10:00 a.m.  
I Love Northwest Speakers  
Spanish Den 12:30 p.m.  
CARE Casino Night  
Union Ballroom 8:00 p.m.

## April 12, 1991

Retirement Dinner  
Union Ballroom 6:30 p.m.  
'Kitten Softball  
CMSU Invitational  
'Kitten Tennis vs. SW Mo.  
Grube Courts 3:00 p.m.  
Film: Misery  
The Dugout 7:30 p.m.  
Speakers: Everett Brown and  
Joel Brown  
Spanish Den 12:00 p.m.

## April 13, 1991

Music Recital  
Charles Johnson 3:00 p.m.  
Bearcat Tennis  
Indianapolis University  
Baseball vs. Northeast Mo. State  
Bearcat Field 1:00 p.m.  
'Kitten Tennis vs. SW Baptist  
Grube Courts 10:00 a.m.  
Film: Misery  
The Dugout 7:30 p.m.  
Blue Key Tower Dance  
Union Ballroom 8:30 p.m.  
Sigma Phi Epsilon Sand Volleyball  
Sig Ep House 10:00 a.m.

## April 14, 1991

Sommers Senior Recital  
Charles Johnson 3:00 p.m.  
Neil Decathlon/Heptathlon  
Rickenbrode Stadium 10:00 a.m.  
Bearcat Tennis vs. Ferris State  
Indianapolis, Ind.  
Baseball vs. Northeast Mo. State  
Bearcat Field 1:00 p.m.

## April 15, 1991

Bearcat Baseball  
Missouri-Columbia  
'Kitten Tennis vs. Lincoln  
Warrensburg  
Teacher of the Year Voting  
Colden Hall  
Neil Decathlon/Heptathlon  
Rickenbrode Stadium 1:00 p.m.  
CARE Meeting  
Care Conference Room 5:30 p.m.

## April 16, 1991

Teacher Placement Day  
Conference Center 9:00 a.m.  
Encore for Jenny Lind  
Mary Linn 7:30 p.m.  
Baseball vs. Missouri Southern  
Bearcat Field 1:00 p.m.  
'Kitten Tennis  
Northeast Missouri  
Teacher of the Year Voting  
Colden Hall  
Sigma Society Meeting  
Brown Hall 253A 5:30 p.m.

## NORTHWEST

## CLASSIFIEDS

National Classifieds  
30 words \$10.00  
add. words .25 each

PERSONALS:  
FREE

Local Classifieds  
1-15 words \$2.00  
add. words .25 each

Classifieds deadline: Monday 12 p.m. for that week's issue.

Call 562-1635 or 562-1224

## PERSONALS

Mario Andretti -  
I'm glad things are back to normal. I wouldn't want to face baseball season without you. Even though I'll never know if, in a hypothetical situation, erector sets work better on linoleum floors. You just need a stone cold gentleman to go for a ride in the Batmobile. I know about your escapades!

Batman

Shelly -  
Never trust a big butt and a smile!

Diana

Diane -  
To the charter member and current president of A.W.A. Thanks for letting me help make you what you are today! So, is it the bars on Wednesday again. Thought so...

Senior

P.S. Want some grapes?

Annetta (a.k.a. Indiana Jones) -

Have you gotten lonely enough to turn your shirt inside out yet? If so, Eugene is waiting. Don't worry...it won't be dinner with the Deliverance family. And, unlike Elvis and his plastic hair, he hasn't been on "Hard Copy" lately!

Diana  
Queen of the E.A.

Sushi -  
Do you still have that bag of "faluminus"? Maybe you should see a doctor about it...I hear there are two specialists in the area. They could probably help with your popcorn problem, too.

U. Woman

Delta Chi Rebels  
Great season. If we made it to playoffs, it's been even better.

Chad Gaddi  
Mike Maddison

## HELP WANTED

ALASKA SUMMER EMPLOYMENT - fisheries Earn \$5,000+/month. Free transportation! Room and Board! Over 8,000 openings. No experience necessary. Male or Female. For 68-page employment manual, send \$8.95 to M&L Research, Box 84008, Seattle, WA 98124 - 100% moneyback guarantee.

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The Missourian Classifieds can be your answer to finding qualified employees for summer or year round!! Call 562-1224 or 562-1635 and find out how.

**American Bank**  
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1621 S. Main Maryville, Mo

When you party remember to...  
**PARTY Smart**

**X106**  
April 12-19  
Thursday, April 11th  
Casino Night—Bring your suitcase...Free airline tickets will be given away. Co-sponsored by CARE  
Friday, April 12th - Sunday, April 14th  
X-106 Jock-a-thon—We will be on the air continuously from 10 p.m. Friday until 5 a.m. Sunday.  
Monday, April 15th  
Spring Thaw—Free "Wienie Fest" under the Bell Tower from 11 a.m. to 1 p.m.  
Tuesday, April 16th  
Dodge Ball Tournament—Call X-106 (562-1163) to sign up your team.  
Wednesday, April 17th  
Pizza Eating Contest—Union Patio, 5 p.m.  
Thursday, April 18th  
Volleyball Tournament—Call X-106 to sign up your team.  
Friday, April 18th  
X-106 Week Wrap-Up Party—Join us for a party at Maryville's newest bar, The Outback

**Steve's**  
Fast Lube & Repair  
\$15.95  
Oil - Filter & Lube - Most Major Brands of Oil. Also includes checking and filling other fluid. Some restrictions may apply. No appointment necessary for lube, oil & filter.  
**Complete Automotive Repair**  
Transmission Service and Computerized Diagnostics  
*There's No Substitute for Satisfaction*  
1307 N. Main Maryville, MO 816-582-8444

## STEPPER TRYOUTS

**Registration: 9:15 a.m. on April 13 in Martindale Gym**  
If it rains it will be held in the Fine Arts Building, room 116.

For more information call:  
Mindy Lee (5164) or Tina Gaa (5818)